

Delicious Oatmeal Recipes for Weight Loss

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Online Desk: Though Oatmeal is a breakfast staple often associated with simplicity and routine, it does not have to be bland and uninspiring. Are you finding the taste of regular oatmeal a bit mundane? Wondering how you can make it more palatable and enticing? Fear not! There are countless ways to jazz up your oatmeal and turn it into a delicious and nutritious breakfast that can make your weight loss journey more enjoyable.

Benefits of Oatmeal

Oatmeal is a whole-grain cereal food packed with nutrients. It has many health benefits, including: High in fibre aids in digestion promoting a feeling of fullness and helps to lose weight. Lowers cholesterol levels and contributes to a healthy heart. Regulates blood sugar levels, especially beneficial for diabetics. Packed with essential vitamins and minerals. Aids in weight management and promotes a healthier lifestyle.

10 Best Oatmeal Recipes for Losing Weight

Oat Milk Ingredients

½ cup whole rolled oats, 3 cups water, 2 teaspoons honey, ½ teaspoon vanilla extract, and ½ teaspoon sea salt.

Instructions

First, in a blender, mix oats, water, maple syrup, vanilla, and salt for 30 seconds. Then, strain the mixture through a fine mesh strainer into a large bowl for a smoother texture.

You may add honey for sweetening and enjoy it instantly. Or you can drink it after being chilled.

Oatmeal Bowl

Ingredients

5 tablespoons rolled oats, ½ – ¾ cup hot water, 2 tablespoons walnuts (chopped), 1 cup blueberries, and 2 tablespoons honey.

Instructions

First, place oats in a bowl, and pour hot water to cover them. Then cover the bowl with a plate. In a separate bowl, microwave the blueberries if you prefer. Once done, add the blueberries, nuts, and honey, and stir into the oats. It is ready to serve and relish.

Fruit Porridge with Oats

Ingredients

½ cup broken wheat, 2 cups banana, ½ cup rolled oats, 4 cup milk, 1 cup apple, 2 tablespoons powdered sugar, ½ teaspoon cinnamon, 4 teaspoons butter, and water (as required).

Instructions

First, begin by washing and chopping apples and bananas separately. In a pressure cooker on medium flame, melt butter and sauté broken wheat for 2 minutes. Follow it up with rolled oats, cooking for another 3 minutes.

Next, in the mixture pour in adequate water and milk, covering the cooker. Allow it to cook until you hear 2 whistles. After that add sugar and cinnamon powder, mix well, and transfer to a bowl. Refrigerate for an hour. Serve by topping the porridge with the fruits prepared earlier.

Vegetable Oats

Ingredients

2 pieces cauliflower, ½ cup chopped capsicum, 1 piece carrot, 1 large onion (chopped), 1 green chilli

(chopped), green peas (as needed), raisins (as per taste), salt (to taste), ½ teaspoon turmeric powder, 1 cup water, and 1 cinnamon stick.

Instructions

First, chop and thoroughly wash all the vegetables. In a pan, heat the oil and add the chopped onions, minced garlic, and fresh curry leaves. Let them sauté to aromatic perfection. Then season the mixture with salt and turmeric to enhance the flavours.

Now, add the oats, pour in a cup of water and allow the mixture to cook. Once done, garnish with your preferred toppings and serve the dish piping hot.

Oats Khichuri

Ingredients

2 tablespoons ghee, 1 teaspoon cumin, 1 bay leaf, pinch hing, ½ onion (finely chopped), 1 teaspoon ginger garlic paste, 1 chilli (slit), 1 tomato (chopped), 4 beans (chopped), 3 tablespoons peas, 1 carrot (chopped), ½ teaspoon turmeric, ½ teaspoon chilli powder, 1 teaspoon salt, ½ cup moong dal (soaked 20 minutes), 1 cup rolled oats, 4 cup water, and 2 tablespoons coriander (chopped).

Instructions

First, heat ghee in a pressure cooker. Add cumin, bay leaf, and a pinch of hing, allowing the tempering to sizzle. Then toss in half an onion, ginger-garlic paste, and chilli, giving it a good sauté. As the aromas infuse, add a ripe tomato, cooking until it softens.

After that incorporate beans, peas, and carrot, sautéing for a minute. Now, add turmeric, chilli powder, and salt. Next, pour moong dal and roast for a minute. Follow up with a cup of rolled oats and water, giving it a thorough mix. Cover and pressure cook until you hear a single whistle.

Once the pressure is released, adjust the consistency to your liking. Sprinkle in fresh coriander and mix it all together. And there you have it! Enjoy your oats khichuri paired with some raita and pickle.

Banana-Nut Oatmeal Muffin

Ingredients

3 cups oats, 1 ½ cups low-fat milk, ½ cup packed brown sugar, 2 ripe bananas (mashed, about ¾ cup), 2 large eggs (lightly beaten), 1 teaspoon baking powder, ½ teaspoon salt, 1 teaspoon ground cinnamon, 1 teaspoon vanilla extract, 1 cup fresh blueberries, and ½ cup chopped toasted nuts.

Instructions

Banana-nut oatmeal muffin is perfect for people with diabetes. This recipe can offer them relish oats without being concerned of sugar levels increasing.

First, preheat the oven to 375°F and prepare a muffin tin with a coat of cooking spray. In a spacious bowl, mix together oats, milk, mashed bananas, brown sugar, eggs, baking powder, cinnamon, vanilla, and a pinch of salt. Gently fold in the blueberries and nuts.

Now, portion the mixture into the muffin cups, filling each to about 1/3 cup. Bake until a toothpick inserted into the centre emerges clean, which should take approximately 25 minutes. Allow them to cool in the pan for 10 minutes before gently transferring them onto a wire rack. Serve these wholesome muffins warm or at room temperature.

Cinnamon-Roll Overnight Oats

Ingredients

2 1/2 cups rolled oats, 2 1/2 cups unsweetened nondairy milk, 6 teaspoons light brown sugar, 1 ½ teaspoons vanilla extract, 1 ¼ teaspoons ground cinnamon, and ½ teaspoon salt.

Instructions

Cinnamon-roll overnight oats is another excellent recipe for diabetic people.

First, in a bowl, combine oats, milk, brown sugar, a hint of vanilla, a sprinkle of cinnamon, and a pinch of salt, ensuring they meld into a delightful blend. Once well mixed, divide this concoction among five 8-ounce jars, sealing each with a lid. The jars can be refrigerated overnight or for up to 5 days, ready to grace your mornings with their wholesome goodness.

Oatmeal with Mixed Dry Fruits

Ingredients

40 grams oats, 5-10 almonds (soaked overnight and peeled, optional), 1 banana (ripe, chopped), 1 teaspoon flax seeds, 10-15 raisins (soaked for 30 minutes, optional), and milk.

Instructions

This recipe is easy to make and tasty. It is highly recommended for elderly and senior people.

First, add oats and milk to a pan. Cook on medium flame for 4-5 minutes, or if you prefer a quicker method, microwave the mixture on high for 2 minutes. After cooking, allow it to rest for 2-3 minutes. Then, transfer the oatmeal to a bowl and mix in your preferred toppings. Your oatmeal is now ready to be enjoyed.

Oatmeal Chocolate Chip Cookies

Ingredients

1 cup flour, 1 cup rolled oats, $\frac{3}{4}$ teaspoon baking powder, $\frac{1}{2}$ tsp baking soda, $\frac{1}{2}$ tsp sea salt, $\frac{1}{3}$ cup butter (softened), 1 large egg, 1 teaspoon vanilla extract, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup sugar, and $\frac{1}{2}$ cup dark chocolate chips.

Instructions

First, preheat the oven to 375°F. In a bowl, combine flour, oats, baking powder, baking soda, and a pinch of salt, blending them. In a separate bowl, blend butter, egg, vanilla, and both sugars, into a smooth texture. Now, gradually add the flour mixture into this bowl, gently combining the elements. As the dough forms, mix the chocolate chips evenly. Then prepare a cookie sheet by coating it with nonstick spray. Drop portions of the dough onto the sheet, maintaining a decent 2-inch gap between each. Slide the sheet into the preheated oven, and let the cookies bake for 10 to 12 minutes. Once baked to perfection, let them cool for a few moments, and savour these warm, freshly baked treats.

Apple Crumble with Oats

Ingredients

2 apples (peeled, and cut into wedges), $\frac{1}{2}$ cup apple juice, 4 tablespoons brown sugar, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, 1 cup rolled oats, pinch salt, 2 tablespoons chilled butter (cut into small pieces), $\frac{1}{4}$ cup chopped almonds, and whipped cream.

Instructions

First, preheat the oven to 400°F. In a bowl, mix the apples, apple juice, 2 tablespoons of brown sugar, a hint of cinnamon, and a touch of nutmeg. Separately, prepare another bowl to combine the oats, the remaining 2 tablespoons of brown sugar, a sprinkle of cinnamon, a dash of nutmeg, and a good pinch of salt.

Now, add butter and mix until it forms moist clumps. After that add the almonds. Proceed by dividing the prepared apples into 4 ramekins, generously topping them with the oatmeal-almond mixture. Slide the ramekins into the oven and bake for approximately 25 minutes. You may turn on the broiler at the last minute for the perfect golden touch. Let it cool before serving. For that final touch, garnish with whipped cream.

Summing Up

Transforming regular oatmeal into a delightful and nutritious breakfast is easier than you think. By incorporating these creative recipes into your morning routine, you not only elevate the taste but also reap the health benefits that oatmeal offers. Say goodbye to boring breakfasts and embrace a healthier you with these

delicious oatmeal recipes.