Low-Fat Oatmeal Recipes for Breakfast

Oatmeal is a great option for breakfast since it is light, healthy, and easy to prepare. You can also incorporate some comfort food flavors into your oatmeal without adding too much fat and calories. Try some of these yummy low-fat oatmeal recipes for your next breakfast.

**Peanut Butter Banana Oatmeal**

This is a great breakfast when you are craving oatmeal and want to try a fun flavor. Kids will love it and they won’t realize it is actually good for them! Prepare your quick oats as you normally would, then add in some peanut butter. You can go with regular creamy peanut butter, crunchy to add some texture, or use all-natural and organic peanut butter to make it healthier. Add some sliced bananas and drizzle a little bit of honey on top. Another way to go is prepare it with the oats instead of as toppings by adding in your peanut butter, vanilla extract, honey, cinnamon, cooking it, then adding bananas at the end.

**Pumpkin Oatmeal**

If you are eating the healthy oatmeal breakfast during the fall, you might want to incorporate pumpkin. This is not only a great fall breakfast, but it is healthy and tastes just like pumpkin pie. The recipe calls for rolled oats, pumpkin puree, vanilla extract, almond milk, nutmeg, cinnamon, and maple syrup. You will cook it in a medium saucepan, then sprinkle some cinnamon, pecans, and a little syrup on top when it is done.

**Apple Pie Oatmeal**

For a very simple way to make a dessert oatmeal with fruit, you can start with your preferred oats in a saucepan, along with some pure organic apple juice, water, and sliced apples. By the time the oatmeal is done, it will smell just like apples. With some cinnamon and other seasonings on top, the finished product tastes just like apple pie. There are also ways to do this similar recipe with other fruits and fruit juices for various types of combinations, depending on what kind of taste you are going for.

**Cranberry Apple Oatmeal**

Another oatmeal that uses apples is this old-fashioned oatmeal. It combines your old-fashioned oats with water, brown sugar, butter, salt, cinnamon, apples that have been diced and peeled, and some dried cranberries. While it contains fall fruits and seasonings, it can be enjoyed during any time of year when apples are available in your area. Try it out with other seasonings as well.