Protein Oatmeal Without Powder: Hearty Halal Breakfast

Rolled oats and a whole egg blended for a creamy finish



PREP	COOK	TOTAL	SERVES	CALORIES
5 min	10 min	15 min	1 servings	460 kcal

Ingredients

- 200 ml whole milk
- 40 g rolled oats
- 5 ml ground cinnamon
- salt, pinch
- 1 large egg, 50 g
- 15 g peanut butter
- 1 small banana, sliced, optional
- water, for rinsing oats if needed

Instructions

1. Combine base ingredients: Pour the milk into a small saucepan. Add the rolled oats, ground cinnamon and a pinch of salt. Stir until the mixture is well combined to ensure even flavour distribution.
2. Boil the mixture: Place the saucepan over medium heat. Bring the mixture to a gentle boil. Stir frequently so the oats do not settle and stick to the bottom.
3. Simmer until thickened: Reduce the heat to low. Simmer for 3 to 5 minutes. Stop when the oats have absorbed most of the liquid and the mixture has thickened.
4. Temper the egg: Whisk the egg until lightly beaten. Add a small spoonful of the hot oatmeal into the bowl with the egg. This prevents the egg from scrambling when it hits the hot pan.
5. Cook the protein: Pour the egg mixture back into the saucepan. Stir constantly for 1 to 2 minutes. This allows the heat to thicken the mixture without curdling the egg.

6. Finish and flavour: Remove the saucepan from the heat. Stir in the peanut butter until fully incorporated. Fold in sliced banana if you choose.
7. Rest and serve: Transfer the oatmeal to a bowl. Let it sit for one minute. This allows the starches to set so the dish thickens further before you serve it hot.

Notes

What to serve with itTop the bowl with sliced banana, chopped walnuts and a light drizzle of honey for a sweet finish. You can also serve this dish alongside a cup of full-flavoured tea or dark roast coffee. For a cold version, thin the oatmeal with milk and layer it with fresh berries.

Storing and reheatingKeep leftovers covered in the fridge for up to 4 days. You may freeze the oatmeal in airtight containers for up to 2 weeks. Thaw the portion overnight in the fridge and reheat it gently on the stove with a splash of milk to restore the creamy consistency.

Getting the texture rightTemper the egg by adding a small spoonful of hot oatmeal into the bowl before pouring the mixture into the pan. This prevents the egg from curdling. Keep the heat low after adding the egg to ensure the final texture remains silky, smooth and thick rather than lumpy.

Making it aheadCook the oatmeal in advance and store it in the refrigerator. When you are ready to eat, reheat it slowly on the stovetop. Add a small amount of milk during reheating to loosen the oats, as the starches set and thicken significantly while the dish cools down.