

Breakfast Recipe: Coconut Chia Oatmeal

[Food & nutrition](#) / [Andrew Skurka](#)

A classic oatmeal breakfast (or worse, an instant packet) consists of simple grains and sugar, and not much else. I find that it gives a quick sugar rush, but I'm often hungry within an hour or two.

For last season, David developed a recipe that sticks better to my ribs, combining an oatmeal base with longer-burning chia and coconut, a modest amount of sugar, and some yummy toppings. With over 600 calories, it will almost power me to lunch.

Meal Stats

- 4.5 ounces (107 grams)
- 622 calories
- 138 calories per ounce



An easy, filling, not-to-sweet breakfast

Ingredients

Backpacking Recipes & Ingredients : Coconut Chia Oatmeal						
Ingredient	Ounces	Calories per oz	Comments	Allergy info	Where to buy	Buy online now
Rolled Oats	1.0	105	aka Quaker Oats	Gluten	Grocery, bulk bins, Costco	Old Fashioned Quaker
Chia Seeds	0.5	138	Filling, nutritionally dense		Costco, online, natural grocer	Nutiva
Coconut Milk powder	0.5	191	Adds creaminess, subtle flavor	Coconut	Natural foods, online	Z Natural Foods
Turbinado Sugar	0.3	105	Less processed form of sugar	-	Ubiquitous	Anthony's Organic
Coconut Flakes	0.5	204	Adds texture, flavor, calories	Coconut	Natural foods, online	Anthony's Organic
Sliced Almonds	1.0	160	Nutritionally dense and flavorful	Tree Nuts	Costco, Amazon, Grocery stores	365 Everyday
Raisins	0.7	84	Adds sweetness and carbohydrates		Grocery, Costco	Sun Maid Organic
Salt	to taste	0	Critical, don't forget it	-	Ubiquitous	-
Cinnamon	to taste	69	Very strong, don't need much	-	In spice aisle	McCormick
Totals	4.5	138	-	-	-	-

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Think of this recipe as a template — it can be changed in any manner of ways. However, don't stray too far from the 4.5-ounce serving weight, and don't skip the sugar or salt.

For example, use:

- Dried blueberries, dried apple pieces, or dried strawberries instead of raisins.
- Macadamia nuts instead of almonds, if you prefer an extra rich flavor and higher caloric density.
- Protein powder instead of coconut milk powder, though a vanilla flavored brand is recommended.

You can also employ the overnight oats method, and soak the cereal in water the night before. The oats and chia seeds will be soft enough to eat for a quick start.



At Home Preparation

For solo trips, all ingredients can be combined into a small, ziplock bag. If you backpack a lot, mixing together a large batch that you can individually portion throughout the season will save you time.

For groups, it can be easier to accommodate everyone's preferences by combining all the oats, chia seeds, and coconut milk powder in one bag. Keep the sugar and toppings separate, and let people mix them in to their taste.

Field Preparation

Preparing this meal is very easy.

1. Bring 8-10 ounces of water to a boil.
2. Take your pot off the flame. Add the bag of ingredients to the water and stir
3. Let the mixture sit for 3-5 minutes. If you put it back on the heat, stir constantly to avoid burning the meal.

Using extra water, about 12 ounces, will give you a looser consistency. This makes cleanup easier. Watch from splatters if you put the mix back over the flame.



Have questions or an experience with this meal?
Leave a comment.