

Tips for the best oatmeal



Roll oat groats night before (1/3 cup per person)



Soak oats in an equal amount of water over night
(decreases phytic acid thereby making the oats more digestible)



Add the same amount of milk the next morning and cook on high, stirring all the time.



Add toppings as desired (see below for possible choices)

Oatmeal Toppings



Blueberries



Raw Honey



Seeds and Nuts



Cinnamon



Peanut Butter



Combination of all :)

Overnight Oats



1/3 to 1/2 cup liquid such as dairy milk, almond, cashew or coconut milk

1/3 to 1/2 cup freshly rolled oats

1/3 to 1/2 cup yogurt or home-made kefir

1 teaspoon chia seeds

1/2 banana, mashed

1/2 teaspoon raw honey

Small handful of fruit of choice

Place fruit into bowl and smush a little with a potato masher to release juice and flavours. Pour into jar

Add equal amounts of milk, oats and kefir/yogurt into jar

Stir in chia seeds and raw honey, ensuring all fruit, oats and liquid are well combined

Place lid and pop in fridge

Leave overnight and enjoy

No Cook Oat Power Balls



These have been staples in our house for a long time now, although originally I made them with chocolate chips. Now I use raisins and they are just as delicious. A word of warning though—they are high in natural sugars and healthy fats as well as high in calories. But for my son they are the perfect treat!

3 cups of rolled oats

1 cup unsweetened 100% nut butter

1/2 cup raw honey

1 cup of raisins

Throw them all in a large bowl and mix thoroughly. Take small amounts and form mini bite size balls. These can be eaten straight away, taken as a snack or kept for another day. They are a great menstrual craving reliever and are fabulous for keeping teens hunger at bay.

Raw Muesli



This was one of my favourite breakfasts at university. It is light, sweet and full of goodness.

1/3 cup rolled oats

Apple juice to soak the oats

Whole apple, grated

Greek yogurt or home-made kefir Greek yogurt

Raw Honey to taste

Cinnamon to taste

Pop the oats into a bowl and cover with about the same amount of apple juice. Leave overnight

Next morning, grate a whole apple and mix into the soaked oats

Top with yogurt, raw honey and cinnamon to taste

Eat immediately

Make Your Own Muesli



I have created my own muesli bar in my pantry from recycled jars, pretty labels and the following pick and mix items. This is simple enough that my seven year old can get her own breakfast each morning and, as all the ingredients are natural, I have no concerns about her choosing too much. The only rule is that if you put it out you eat it :)

A base of 1/3 cup of freshly rolled oats and a selection of the following:

- Nuts (almonds, walnuts, pecans)
- Seeds (chia, sunflower, sesame, pumpkin, linseed)
- Dried fruit (sultanas, apricots, dates, prunes, coconut, cranberries, gobi berries,
- Powders (cacao, spirulina) - usually used for smoothies rather than muesli