



All things OATS

OATMEAL RECIPES TO FIRE UP YOUR DAY

Jeffrey Boadi





INTRODUCTION

Oats have always been a funny one to me.

I remember as a kid, absolutely HATING them! Whenever my mum put them in front of me, it took everything in my power to finish eating them...without throwing up!

I recall having to rely on a steady stream of honey to find them even just a little bit appealing.

That's why I find it quite ironic that in my adult life, I've become someone who can't live without a solid bowl of oatmeal in the morning.

The interesting thing about oatmeal is this: it is somewhat bland. Aside from its nutritional content - which is robust - the flavour of it by itself isn't exactly something to write home about.

But because it is essentially a blank canvas, it has an amazing ability to marry up well and take on so many different flavours and healthy toppings, elevating the taste and making it such an ideal way to start your day.

So I hope you enjoy this complimentary e-book with a week's worth of morning oatmeal recipes - plus a bonus, because why not - and make sure you tag me in some of your creations on social media!

To all things oats,

Jeffrey



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OATS - THE BENEFITS

Along with its versatility (as you'll see in this e-book), oats are one of the healthiest foods you can eat. They are consistently linked in the scientific literature to better health outcomes - from lowered blood sugar, better digestive health, production of health-promoting metabolites such as short-chain fatty acids and reducing LDL cholesterol - the kind that when elevated can lead to increased risk of adverse cardiac outcomes.

Along with other whole grains such as quinoa, teff, fonio, millet, buckwheat and amaranth, oats should definitely be a staple in your daily diet to optimise digestive health and more.

Tip: wherever you can, go for an organic oatmeal that doesn't have added sugar or flavours - so you ideally want to see no more than one ingredient (i.e. organic wholegrain rolled oats) on the back.

"A number of observational and human studies indicate that oats can impact such heart disease risk factors as diabetes, obesity and hypertension, and may also exert direct vasoprotective effects. Efforts should be made to increase consumer awareness of oats and its multiple health benefits, and to encourage frequent consumption of oats." (David L Katz, 2001)

FRESH MANGO BOWL



INGREDIENTS

- 1/2 mango, peeled and chopped
- 1 cup oats
- 1 cup plant milk + 1 cup water
- 1 banana, (half of it chopped)
- Handful blueberries
- 1 tbsp almond butter
- Splash of boiling water
- 1 tsp of ground flax seeds
- 1 scoop plant protein (optional)

| PREP TIME | COOK TIME | SERVES |
|-----------|-----------|--------|
| 5 MINS | 8-10 MINS | 1 |

DIRECTIONS

- Add oatmeal to a saucepan with plant milk and water; allow to soak for 5 minutes
- While you wait, peel and chop your mango into cubes and chop half of your banana into discs
- Cook oatmeal until you've reached desired thickness; once achieved, throw other half of your banana in and mash through
- Add scoop of plant protein (optional)
- Place your almond butter in a small bowl and add a splash of boiling water to liquify slightly
- Assemble toppings and sprinkle ground flax on top - add a drizzle of almond butter and you're good to go!

NOTES

The addition of plant protein is something that I do with all of my oatmeal bowls personally - as someone who trains regularly, the additional 25g-30g is optimal for muscle growth and recovery. But if you wish to go without then it's absolutely no problem at all.

For reference, I typically use a vanilla-flavoured protein.

CACAO AND BLUEBERRY BOWL



INGREDIENTS

- 2 tbsp raw cacao powder
- 1 cup frozen berries
- 1 cup oats
- 1 cup plant milk + 1 cup water
- 2 tbsp pumpkin seeds
- 2 Brazil nuts
- 1 tbsp almond butter
- 1 tsp cinnamon powder
- 1/2 banana
- 1 scoop plant protein (optional)

| PREP TIME | COOK TIME | SERVES |
|-----------|-----------|--------|
| 5 MINS | 15 MINS | 1 |

DIRECTIONS

- Soak oats for 5 mins in plant milk and water, then cook to desired thickness on medium/high heat
- In a separate saucepan, place your frozen berries on a high heat and add a splash of water to help turn it into a compote once melted
- Once oats are cooked, add two heaped tbsp of cacao powder and mix through thoroughly
- Add half a banana and mash it in, as well as plant protein (optional)
- Serve up with toppings and enjoy!

NOTES

The antioxidants in cacao offer protection to the brain, enhancing cognition and elevating mood. It is also a relatively good source of magnesium, a mineral that governs over 300 enzymatic reactions in the human body.

The Brazil nuts are also key as well, giving you a daily dose of selenium, an important trace mineral required for optimal thyroid function.

DATE + HEMP BOWL



| PREP TIME | COOK TIME | SERVES |
|-----------|-----------|--------|
| 5 MINS | 8-10 MINS | 1 |

INGREDIENTS

- 1 cup oats
- 1 cup plant milk + 1 cup water
- 1 banana, half of it chopped
- 1 tsp cinnamon powder
- 3 medjool dates, pitted
- Handful of blueberries
- 2 tbsp hemp seeds
- Sprinkle of chia seeds

DIRECTIONS

- Soak oats for 5 mins in plant milk and water, then cook to desired thickness on medium/high heat
- Once cooked, mash your banana in and add cinnamon powder
- Chop your dates and remove the pits, then add them along with the rest of your toppings
- Enjoy!

CINNAMON APPLE BOWL

INGREDIENTS

- 1 gala apple, cubed
- 1 tsp coconut oil
- 1 tsp cinnamon powder
- 1 cup oats
- 1 cup plant milk + 1 cup water
- 1 cup water
- 1/2 banana
- 1 scoop protein powder (optional)
- 1/2 cup blueberries
- 1/2 cup raspberries

NOTES

With the cinnamon I've suggested 3/4 tsp but you can be as liberal as you want. Especially if you love cinnamon as much as I do :)

PREP TIME
5 MINS

COOK TIME
15 MINS

SERVES
1



DIRECTIONS

- Soak oats for 5 mins in plant milk and water, then cook to desired thickness on medium/high heat
- Take oats off the heat, mash in half a banana and add your scoop of protein powder (optional)
- For your cinnamon apple, chop up your apple into cubed pieces (remove the core)
- In a frying pan, add your coconut oil and your cinnamon powder
- Add your chopped apples and sear for 3-5 minutes, making sure each piece is coated with cinnamon powder
- Serve it up with your berries and fire away!

TURMERIC GOLDEN OATS



INGREDIENTS

- 1 cup oats
- 1 cup plant milk + 1 cup water
- 1 banana
- 1 tbsp cinnamon powder
- 2 tbsp turmeric powder
- A pinch of black pepper
- 1/2 cup raspberries
- 1 tbsp ground flax
- 1 tbsp chia seeds

| PREP TIME | COOK TIME | SERVES |
|-----------|-----------|--------|
| 5 MINS | 8-10 MINS | 1 |

DIRECTIONS

- Soak oats for 5 mins in plant milk and water, then cook to desired thickness on medium/high heat
- Once cooked, allow to cool for a minute or two, then add turmeric powder in - mix through
- Add black pepper and mix through again
- Mash in your banana and sprinkle in cinnamon powder
- Assemble your toppings, then you're good to go!

NOTES

The piperine in black pepper is essential in assisting absorption of the curcumin (active anti-inflammatory ingredient) in turmeric.

With your chia seeds, you can get even more out of them in terms of nutrient bioavailability by soaking them in water/plant milk overnight.

ANTIOXIDANT BLAST



INGREDIENTS

- 1 cup oats
- 1 cup plant milk + 1 cup water
- 1 banana
- 2 medjool dates, pitted
- 2 tbsp hemp seeds
- 2 tbsp goji berries
- Small handful of walnuts
- 1 scoop plant protein powder (optional)

| PREP TIME | COOK TIME | SERVES |
|-----------|-----------|--------|
| 5 MINS | 8-10 MINS | 1 |

DIRECTIONS

- Soak oats for 5 mins in plant milk and water, then cook to desired thickness on medium/high heat
- Mash your banana in and add your protein powder once cooked
- Pit (remove seed) your dates and chop them up
- Add all other toppings to your bowl, and get stuck in!

NOTES

Antioxidants are known for their capacity to reduce oxidative stress and cell damage in our bodies, and goji berries are one of the most antioxidant-rich foods on the planet.

Walnuts are also rich in Vitamin E - which is an antioxidant - as well as containing ample amounts of heart, brain and skin-healthy Omega 3 fatty acids.

THE USUAL ©



| PREP TIME | COOK TIME | SERVES |
|-----------|-----------|--------|
| 5 MINS | 8-10 MINS | 1 |

INGREDIENTS

- 1 cup oats
- 1 cup plant milk + 1 cup water
- 1 banana
- 1 tbsp cacao powder
- 1/2 cup frozen blueberries
- 1 tbsp almond butter
- 1 tbsp ground flaxseeds
- 2 tbsp pumpkin seeds

DIRECTIONS

- Soak oats for 5 mins in plant milk and water, then cook to desired thickness on medium/high heat
- Once cooked, mash your banana in and add cacao powder
- For your blueberries, add into a saucepan with a splash of water and cook through until blueberries are soft and in a jam-like texture
- Slap on the rest of the toppings and you're good to go!

CARAMELISED BANANA BOWL

INGREDIENTS

- 1 cup oats
- 1 cup plant milk + 1 cup water
- 1 banana, halved lengthways
- 1 tsp coconut oil
- 1 tsp cinnamon powder
- 1 scoop plant protein powder (optional)
- 1/2 cup strawberries, diced
- 1/2 cup blueberries
- 1 tbsp pumpkin seeds
- 1 tbsp hemp seeds
- Handful of walnuts
- 1/2 cup blueberries
- 1/2 cup raspberries

NOTES

As with the Cinnamon Apple Bowl, if 1 tsp cinnamon isn't enough for you then you know what to do....add more!

PREP TIME
5 MINS

COOK TIME
15 MINS

SERVES
1



DIRECTIONS

- Soak oats for 5 mins in plant milk and water, then cook to desired thickness on medium/high heat
- Take oats off the heat and add in your scoop of plant protein powder
- In a separate frying pan, add coconut oil and cinnamon powder
- Chop your banana lengthways and sear either side for 2-3 minutes, or until browned
- Add the rest of your toppings and serve this one up! (Tell your friends about it as well)



If you have enjoyed this free ebook, be sure to share some of your creations with me on social media! Don't forget to join the communities on the platforms below:

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