



# Only Oats

**10 TASTY & WHOLESOME PORRIDGE RECIPES**

# INTRODUCTION

Within these delicious pages are some of my favourite oatmeal recipes, featuring many of the popular [@phitzee](#) Instagram porridge sensations!

If you are new to cooking oats, don't worry, we got you. These recipes are straight forward and fairly simple, involving minimal ingredients. Most of the recipes take no longer than 5-10 minutes to prepare.

This recipe book is intended so that anyone, no matter what walks of life, can create a wholesome breakfast full of goodness to start their day right.

Your first meal of the day doesn't have to be dull and boring, it can bring you so much fun and joy when you know what you are doing and that is exactly what this book intends to do.

**All recipes are in the eBook 100% vegan and plant based.**

They are predominantly high carb. Although, they're all completely versatile and adjustable. If you don't like an ingredient then feel free to take it out and replace for another of your choice.

Go get stuck in and enjoy!

Oats & Love

Philip

# OATMEAL

Whether soaked, baked, toasted or blended, oatmeal contains many potent health giving properties. Oats are packed with vitamins, minerals and soluble fibre, which are all great for a healthy immune system.

Oats are also a fantastic vehicle and canvas for introducing other deliciously healthy foods, everything from fresh fruit to probiotic dairy free yoghurts, antioxidant-rich chocolate to nuts and seeds, and of course... drizzles!

## THICK OR RUNNY!?

How do you determine the consistency of your oats?

Well, it's important to know this at the start. If you want your oatmeal thick or runny, you have to keep an eye out as you go.

**A ratio of 1:2 (1 cup oats : 2 cups water/plant milk) works best.**

Once you have brought it to a boil and reduced to a simmer, this is when you determine the consistency so don't stop cooking until it's pretty much at the thickness and consistency you want it to be. The longer you cook, the thicker it will get.

Oat consistency is fairly adjustable, unlike with smoothies for example, if you mess up and make your oats a bit too thick and want them runnier, just add some more plant milk or water and cook further, mixing again until you're happy with it.

# RECIPES

CARAMELISED BANANA & PECAN OATS.....	06
CHUNKY MONKEY OATS.....	08
APPLE & CINNAMON PORRIDGE.....	10
TURMERIC SPICED OATS.....	12
CARROT CAKE PORRIDGE.....	14
CHOCOLATE TAHINI OATS.....	16
BLUEBERRY & BANANA PORRIDGE.....	18
PEANUT BUTTER & JAM OATS.....	20
BERRY COMPOTE & COCONUT YOGHURT OATS.....	22
CARAMELISED PEACH & VANILLA PORRIDGE.....	24



# CARAMELISED BANANA & PECAN OATS

7 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 banana
- 1-2 tsp coconut oil
- 1 tsp maple syrup
- 1 tsp cinnamon
- 1 tbsp cacao nibs
- 15g pecans

## DIRECTIONS

1. Add the oats to a saucepan water/plant milk set over medium to high heat.
2. Once it starts to bubble reduce heat to a simmer and cook for a further 2-4 min until you've reached your desired consistency.
3. Serve and top with the caramelised bananas, cinnamon, pecans and cacao nibs.

### **Caramelised Bananas:**

1. Heat the coconut oil, cinnamon and maple syrup in a pan on medium to high heat.
2. Once the mixture start to bubble, add in the sliced bananas and cook for a 30-60 seconds on each side till soften, browned and caramelised evenly.

TIP: The thicker the banana slices the better as the thinner slices might start to fall apart.



# CHUNKY MONKEY OATS

6 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 banana
- 1-2 tbsp peanut butter
- 2 tbsp cacao powder
- 1 tbsp coconut flakes
- pinch of salt

## DIRECTIONS

1. Add the oats to a saucepan with water/ plant milk, set over medium to high heat.
2. Once it starts to bubble, reduce heat to a simmer. Add in a mashed banana, cacao powder, coconut flakes, 1 tbsp peanut butter, salt and cook for a further 2-4 min until you've reached your desired consistency.
3. Serve with sliced banana, cacao nibs and peanut butter.



# APPLE & CINNAMON PORRIDGE

6 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 tbsp chia seeds
- 1 apple, chopped
- 1-2 tsp coconut oil
- 1 tsp maple syrup
- 1 tsp cinnamon

## DIRECTIONS

1. Add the oats to a saucepan with water/ plant milk set over medium to high heat.
2. Once it starts to bubble reduce heat to a simmer. Add in the chia seeds and cook for a further 2-4 min until thick or you've reached your desired consistency.
3. Serve and top with the sautéed apples and an extra sprinkle of cinnamon.

### **Sautéed Apples:**

4. Heat the coconut oil, cinnamon and maple syrup in a pan on medium to high heat.
5. Once the mixture starts to bubble, add in the chopped apples and cook till soften, browned and caramelised on all sides.



# TURMERIC SPICED OATS

7 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 tbsp coconut flakes
- 1 tbsp chia seeds
- 1 tsp ground ginger
- 1 tsp turmeric
- pinch of black pepper
- 1 tsp cinnamon

## DIRECTIONS

1. Add the oats to a saucepan with water/ plant milk set over medium to high heat.
2. Once it starts to bubble, reduce heat to a simmer. Add in the turmeric, pinch of black pepper, ground ginger, chia seeds, coconut flakes and cinnamon, cook for further 2-4 min until thick or you've reached your desired consistency.
3. Serve and enjoy how you wish.

TIP: Adding black pepper with turmeric increases the bioavailability of curcumin (the good stuff in turmeric) by up to 2000%!



# CARROT CAKE PORRIDGE

8 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 small grated carrot
- 1 tbsp maple syrup
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/2 tsp cinnamon
- handful of chopped dates
- pinch of salt

## DIRECTIONS

1. Add the oats to a saucepan with the water/plant milk and grated carrot, set over medium to high heat.
2. Once it starts to bubble, reduce heat to a simmer. Add in the ground nutmeg, ground ginger, cinnamon, chopped dates, maple syrup and salt, and cook for a further 2-4 min until you've reached your desired consistency.
3. Serve some coconut flakes, chopped dates and nut butter.



# CHOCOLATE TAHINI OATS

7 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 tbsp cacao powder
- 1/2 tsp cinnamon
- 1 tbsp tahini
- 1 tbsp pumpkin + sunflower seeds
- 1-2 tsp maple syrup
- pinch of salt

## DIRECTIONS

1. Add the oats to a saucepan with water/ plant milk, set over medium to high heat.
2. Once it starts to bubble, reduce heat to a simmer. Add in the cacao powder, maple syrup, salt, and cook for a further 2-4 min until you've reached your desired consistency.
3. Serve with pumpkin and sunflower seeds, tahini, pinch of salt, and an extra drizzle of maple syrup if desired.



# BLUEBERRY & BANANA PORRIDGE

9 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1/2 cup blueberries,  
fresh
- 1 tbsp flaxseeds
- 1 tbsp chia seed
- 1 tsp maca
- 1 tsp lucuma
- 1 banana
- 1/4 cup granola
- splash of almond milk

## DIRECTIONS

1. Add the oats to a saucepan with water/  
plant milk set over medium to high heat.
2. Once it starts to bubble, reduce heat to a  
simmer. Add in the flaxseed, chia seeds,  
maca, lucuma and cook for a further 2-4  
min until thick or you've reached your  
desired consistency.
3. Serve with fresh blueberries, sliced  
banana, granola, nut butter and a splash  
of almond milk.



# PEANUT BUTTER & JAM OATS

5 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 cup frozen blueberries
- 1 tbsp maple syrup
- 1 tbsp chia seeds
- 1 tbsp peanut butter

## DIRECTIONS

1. Add the oats to a saucepan water/plant milk set over medium to high heat.
2. Once it starts to bubble reduce heat to a simmer and cook for a further 2-4 min until you've reached your desired consistency.
3. Serve and top with a drizzle of peanut butter and a dollop of jam.

### Blueberry Chia Jam

1. Add in the frozen berries and maple syrup in a saucepan over a medium heat. Roughly mash them whilst cooking for 1-2 min.
2. Once mashed, add in the chia seeds, maple syrup and stir whilst cooking further until the mixture gets thick.
3. Leave to cool in the fridge for at least 15 min before serving.



# BERRY COMPOTE & COCONUT YOGHURT OATS

5 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 125ml coconut yoghurt
- 1/2 cup raspberries, frozen
- 1/2 cup blackberries, frozen
- 1 tbsp maple syrup

## DIRECTIONS

1. Add the oats to a saucepan with water/ plant milk, set over medium to high heat.
2. Once it starts to bubble, reduce heat to a simmer and cook for a further 2-4 min until you've reached your desired consistency.
3. Serve with a dollop of coconut yoghurt and the berry compote.

### **Berry Compote:**

1. Add in the frozen berries and maple syrup in a saucepan over a medium heat. Cook whilst mashing them into compote for a 1-2 min.
2. Once done, leave to the side till you are ready to serve.



# CARAMELISED PEACH & VANILLA PORRIDGE

6 INGREDIENTS / 10 MIN / 1 SERVING

---

## INGREDIENTS

- 1 cup oats
- 1 tbsp cacao powder
- 1 tbsp **Vivo Life Ritual Vanilla**
- 1 peach
- 1-2 tsp coconut oil
- 1 tsp maple syrup

## DIRECTIONS

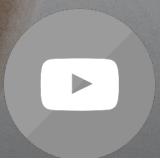
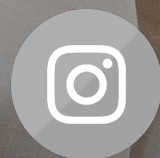
1. Add the oats to a saucepan water/plant milk set over medium to high heat.
2. Once it starts to bubble reduce heat to a simmer. Add in the vanilla protein powder and cook for a further 2-4 min until thick and consistent, stirring occasionally until you've reached your desired consistency.
3. Serve and top with the caramelised peaches and nut butter.

### Caramelised Peaches:

4. Heat the coconut oil and maple syrup in a pan on medium to high heat.
5. Once the mixture starts to bubble, add in the sliced peaches and cook till soften, browned and caramelised evenly.



**I hope you enjoyed this eBook and get to try some of these recipes. If you do, make sure to tag @phitzee in your creations. Want more recipes like this? Then check out the Instagram and YouTube pages linked here.**



**[WWW.PHITLIVING.COM](http://WWW.PHITLIVING.COM)**