



EARLY MEAL

Highly nutritious, versatile
&
filling breakfast

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- CRAFTSMANSHIP -

Healthy oats & variations ✓

Courses: Healthy Breakfast

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

1. Emotional

Comfort food:

Especially in the cold season, warm porridge has a calming effect and warms you from the inside.

2. Cultural aspects

Tradition:

Originally a staple food in Scotland ('pottage'), porridge has become a **modern superfood** worldwide.

Directions

3. Health benefits

Satiety & weight management:

The high fibre content (beta-glucan) ensures long-lasting satiety and helps prevent food cravings.

Heart health:

Beta-glucan binds cholesterol in the digestive tract and can thus lower LDL cholesterol levels.

Stable blood sugar:

As a complex carbohydrate, porridge causes blood sugar levels to rise slowly, which is particularly beneficial for diabetics.

Digestion:

The fibre promotes healthy bowel function and acts as a prebiotic, nourishing good gut bacteria.

Nutrient bomb:

Oats are rich in vitamins (B1, B6), minerals (magnesium, iron, zinc) and antioxidants (avenanthramides).

4. Practical reasons

Easy to prepare: Porridge can be quickly prepared in a saucepan or in the microwave. Alternatively, overnight oats can be prepared the night before.

Versatility:

It can be prepared sweet (with fruit, honey, cinnamon) or savoury (with vegetables, egg) to suit every taste.

Cost-effective:

Oatmeal is one of the most affordable staple foods with high nutrient density.

- CRAFTSMANSHIP - Crunchy granola ✓

Courses: Healthy Breakfast

Collections: USA recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Homemade granola is cheaper, easy, quick, and doesn't contain so many nasty

- 3 cups of Oats
- 1 cup of Nuts or Seeds
- 1 tsp of Cinnamon
- 1 tsp of Ginger powder
- 1/4 tsp of Salt
- 1/3 cup Coconut oil

(optional)

- 1/3 cup Maple syrup or Honey

Directions

Mix everything together and bake at 160 °C for 15 minutes. Store in a jar and enjoy as you like!

ABOUT ME:

Hi, I'm Jazz! I'm a certified nutrition therapist and private chef! For the past few years, I've worked as a private chef for many NBA athletes. My goal is to help beginner cooks prepare simple and realistic dishes! My goal is to make you feel confident in the kitchen! Say hi to me on my social media channels and be sure to subscribe to my channel!

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<https://www.youtube.com/shorts/0Whwbs-2KPw>

- CRAFTSMANSHIP - Overnight oats ✓

Courses: Healthy Breakfast

Collections: USA recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Servings 8

- 4 large ripe Banana mashed
- 1000 g Greek yogurt
- 1000 g Milk
- 8 tsp Honey or Maple syrup
- 4 tsp Cinnamon
and
- 450 g rolled Oats

Directions

Mash the banana:

Peel 4 large ripe banana & place it in a medium bowl.

Mash it well with a fork until mostly smooth.

Mix the wet ingredients:

Add to the mashed banana

Greek yogurt,

milk,

honey (or maple syrup), and

cinnamon

to the bowl.

Whisk until smooth and well combined.

Add rolled oats and chill.

Stir until all the oats are coated.

Cover the bowl or divide the mixture into two jars. Refrigerate for at least 6 hours, or overnight.

Serve:

Stir well before eating.

Serve straight from the fridge, or warm gently in the microwave for 30 sec to 1 min if you prefer them warm.

Top with nuts, fresh fruit or an extra drizzle of honey if you like.

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- CRAFTSMANSHIP -

Porridge with coconut milk ✓

Courses: Healthy Breakfast

Collections: Scottish recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

Serves 4

- 2 cups Water
- 1 can of Coconut milk
- 1 1/2 cup rolled Oats
- ¼ tsp Salt

- Optional garnish:
Nuts, Cinnamon, dried Fruit

Directions

In a large saucepan or pot over medium heat, add water and coconut milk.

Stir oats and salt (and optional spices) into liquid and reduce to low heat to keep a simmer.

Cook 20 to 30 minutes until mixture is thick, stirring occasionally.

Turn off heat and add any garnish or mix-ins you like. Allow to sit about 5 minutes before serving.

Store in refrigerator up to 5 days or scoop ½ cup portions into muffin tins and freeze then pop out, move to freezer bags, and store up to 3 months in freezer.

Tips for Making

If the coconut milk oatmeal gets too thick, thin it out with a little water or a splash of milk.

For those concerned about added sugar, check the label of the coconut milk. All of these are not created equally and some brands may contain more sugar than others.

To keep this recipe gluten free (if you need it to be), use gluten-free steel cut oats.

How to Store

Keep leftovers in an airtight container in the fridge for up to 5 days.

To freeze, scoop ½ cup portions into muffin tins and freeze then pop out, move to freezer bags, and store for up to 3 months in the freezer.

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https://www.youtube.com/watch?v=_D21LzbWAAC

- CRAFTSMANSHIP - Greek yogurt ✓

Courses: Healthy Breakfast

Collections: Scottish recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

Per singly portion

- 200 ml plain Greek yogurt
- 1 tbsp peanut butter
- 1 tsp honey
- ¼ cup fresh fruits
- 1 tbsp nuts, or seeds

Directions

Put all the ingredients into a bowl as per the sequence provided, garnish with fresh fruits.

MOVIE copy & paste

<https://www.youtube.com/shorts/OcV4hMPwTEg>

With a yogurt bowl, you can quickly and tastily pack in a lot of nutrients.

The yogurt provides protein, the seeds offer fibre, the nuts & seeds supply healthy fats, and the fruits deliver nutritious boost of vitamins & antioxidants.

LOOKS appetizing:

With its lovely hues, a swirl of peanut butter, and a sprinkle of seeds, it's a treat for all your senses!

- CRAFTSMANSHIP - Porridge with milk - ✓

Courses: Healthy Breakfast

Collections: Scottish recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

Serves 4

BASIC PORRIDGE

- 1 big mug rolled Oats
- 2,5 to 3 big mugs of cold Water
- 1 nice pinch of Salt
- 5 tbsp Milk
- some Sugar brown
- 3 tbsp Honey

Directions

Place the coarse oat flakes in a medium-sized pot.

Add the water and a pinch of salt.

Bring slowly/carefully to a boil, immediately reduce the temperature, and cook for 10–15 minutes until a homogeneous porridge forms.

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