

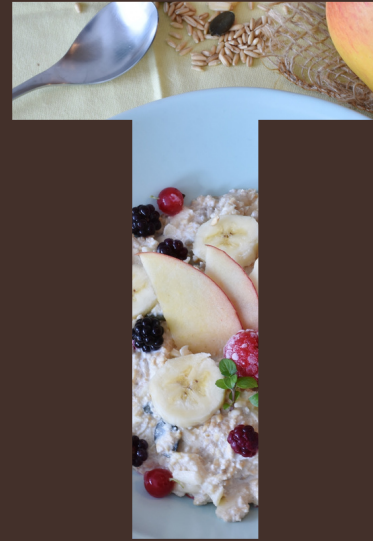


*Fresh &
Healthy
Oats*

AN OATMEAL COOKBOOK
WITH 6 AMAZING RECIPES

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MACA OVERNIGHT BOWL

Ingredients:

200ml.coconut milk

40gr.oats

1 tsp.maca powder

1 tbsp.protein or goji berries powder

Preparation:

Mix the mixture well in a bowl and cover it with a transparent film. Place it in the fridge and leave it overnight.

Serve with:

½ banana (sliced)

5 pecan nuts or 6 walnuts

1 tsp.wholegrain tahini

Optional:

Sprinkle grated cocoa chocolate (70%) on top





Are you having a difficult day and need more energy?

The Maca Bowl is the ideal choice!

Peruvian Maca powder protects your health because it's rich in proteins and essential amino acids such as leucine, arginine and alanine and provides a high level of vitamin C and B-Complex vitamins.

It has been observed that the consumption of the Maca root significantly increases the body's endurance and energy both physically and mentally. Research has shown that the Maca root has beneficial effects on fertility problems and sexual dysfunction.

**Ingredients:**

200ml.coconut milk

30gr.oats

1 tsp.chia seeds

5 strawberries puree

Preparation:

Put the ingredients in a bowl and mix well. When done cover the bowl with transparent film. Place it in the fridge and leave it overnight.

Serve with:

½ banana

20gr.coconut or 1 tbsp. coconut chips

1 tsp.black currants

COCONUT OVERNIGHT BOWL



If you are a fan of coconut, then this is your bowl!

Coconut milk is lactose free, so it is suitable for people with intolerance. Coconut milk has a variety of benefits as it is rich in micronutrients. These are manganese, phosphorus, iron and zinc. It also provides strong antioxidant effect because it contains phenolic compounds that enhance the protection of cells from oxidative damage.

Coconut milk contains lauric acid, which has a strong antimicrobial effect and can strengthen the body's defences and stimulate the immune system.

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MAPLE CHIA OATS

Ingredients:

150ml.water (heated)
100ml.oat milk
40gr.oat
1 tbsp.chia seed
1 tbsp.maple syrup

Preparation:

Put all the ingredients in a bowl (or saucepan), mix and let it soak for 10min. Then pour the mixture into a saucepan and boil for about 5min at a low heat . Stir constantly to avoid mixture in sticking.

Serve with:

70gr. berries (raspberries, blueberries and blackberries)
1 tsp. peanut butter

Optional:

Sprinkle 20gr of dark chocolate or stevia chocolate on top.



Serve Hot.

Do you want something sweet for breakfast without sugar?

I have the solution for you!

Raw maple syrup is considered a natural sweetener without containing added sugar, dyes and preservatives. This ingredient is not processed thus its nutrients remains unchanged. It contains a good amount of minerals and vitamins, especially manganese, zinc, riboflavin (B2) and a moderate amount of calcium, magnesium and potassium.

It is rich in antioxidant and anti-inflammatory properties and more specifically contains polyphenols that contribute significantly to the stabilization of sugar levels in diabetic patients.



**Ingredients:**

150ml.almond milk
50ml.water
40gr.oats
1 tbsp.cashew butter

Preparation:

Pour all the ingredients into a saucepan and stir constantly over a low heat until a thick porridge is created.

Serve with:

30gr.blueberries
½ banana or 1 fig
1 tbsp.pumpkin seeds
1 tsp.cashew butter
Cinnamon.

4**VEGAN CASHEW PORRIDGE**

My favorite bowl

The rich taste that cashew butter offers us is unbeatable. This butter, which we either buy ready-made or make ourselves, is rich in B-complex vitamins and especially in B1 and B6. These vitamins play a very important role in the metabolic processes. It also contains a large amount of vitamin E, which is known for its antioxidant action as well as a variety of trace elements and minerals that are essential for the body.



Ingredients:

150ml. coconut milk

3 tbsp.chia seeds

1 tsp.vanilla

60gr. berries (raspberries, blueberries, blackberries)

30gr. oats

Coconut / almond or strained yogurt 2%

1 tsp. peanut butter

Preparation:

Mix the coconut milk well with the vanilla and the chia seeds. Leave it in the fridge overnight.

Serve with:

Mash some berries in a blender with the oats and use as a base. Prefer using a glass for this base. Then pour the mixture with the seeds you prepared from the previous night and serve with yogurt on top. Then place berries and peanutbutter on top.

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CHIA OVERNIGHT OATS



Chia - leader

Chia seeds are considered a superfood and not by chance. It is an antioxidant food with a high content of proteins and essential amino acids, as well as rich in magnesium and fiber. This helps in a better bowel function. They cause the feeling of satiety thus contributing to weight loss while increasing the bodies endurance and energy. The berries that adorn this snack are also rich in antioxidants. They help in reducing inflammation and creates cardioprotective effect.

**Ingredients:**

100ml.water
100ml.almond milk
40gr.oats
1 tsp.maple syrup or honey

Preparation:

Put all ingredients in a saucepan and stir over low heat until your mixture becomes thick.
Cut a banana in half and sauté it in a non-stick pan, without oil, for 2 minutes and quench with a little maple syrup or honey.

Serve with:

1 tbsp.peanut butter or wholewheat tahini
40gr.blueberries
1 tsp.chia seeds
6 half nuts
Cinnamon.

CARAMELIZED BANANA PORRIDGE

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A delicious combination of banana, oats and blueberries.

Bananas are rich in potassium and help regulate blood pressure. Magnesium protects us from muscle cramps and is considered an antidepressant fruit because of the high levels of tryptophan it contains.

Blueberries have a strong antioxidant effect due to the anthocyanins and polyphenolic compounds they contain and thus protect our body from substances that damage cells and cause disease. It is rich in antioxidant vitamins and is positively associated with the prevention of diabetes.

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Can't sleep. Too excited for breakfast.

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GET IN TOUCH

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