

Recipe 1 – Over the top

Epic champion survival porridge - the basics

When making an epic survival porridge you first need to create a good foundation. It's very simple.

You need:

Oats

Water

Salt

Oat milk

More oat milk for extra rich creaminess

That's it. Blend, wait and boil to perfection.

When the oatsome base is done, it's time for toppings.

Porridge #1: A possibly surprising savoury delight

Cut up **cherry tomatoes** in perfectly symmetric pieces, preferably 4 pieces per tomato. Or whatever really, as long as you cut them into pieces. You don't have to cut them into pieces either, but it will be easier to eat if you do, and the rich flavour will be wonderfully mixed with the rest of the ingredients in perfect harmony. Cut or not, chuck the tomatoes on the porridge. Take one or three scoops of **Oatly Spread** of the flavour Tomato Basil, which works wonders both cold and heated, and then add a heaped spoon of **vegan homemade pesto** on top of that. Sprinkle some crushed **sea salt** flakes evenly over the rest of the ingredients. Add a drizzle of **organic truffle oil** for some extra luxury, and top it all off with some **fresh Basil leaves** that you lovingly grow yourself in some sunny patch of your home. Enjoy!

Porridge #2: A sweet disposition with the taste of exotic & local forests

Cut up **figs** in perfectly unsymmetric pieces. You don't have to cut them unsymmetrically, but it will be easier to do it that way and the shape doesn't really matter. The important thing is that it will be tremendously easier to eat figs cut into pieces, and the crispiness of the seeds will be mixed with the rest of the ingredients. After you have added the figs to the porridge it's time to crumble a handful of brightly coloured **walnuts** and **pecans** and sprinkle evenly all over the bowl, together with some **roasted hazelnuts** which you don't crumble before you add them to the rest. Buy some really, like *really*, **dark chocolate** - the kind that almost no one actually likes but pretend like they do because it's free of everything fun and sweet. Break the really *really* dark chocolate in uneven pieces and add as yet another topping to your champion porridge. Grab a handful of **blueberries** and chuck on top of the rest of the toppings too. Take a heaped spoon of **tahini** and drizzle it over everything, preferably in a pretty pattern. Last but not least, sprinkle some flakes of **sea salt** over everything to bring out the wonderful flavours of this oatsome masterpiece you've now created.

Just take what you have at home, play, have fun! The more toppings the better.

Recipe 2 – Birthday Porridge

Epic champion survival porridge - the special chocolatey birthday cake porridge basics Every masterpiece starts with a good foundation. It's very simple.

You need:

Oats
Water
Salt
Oat milk
Chocolate oat milk
More oat milk for extra rich creaminess

That's it. Blend, wait and boil to perfection.
When the oatsome base is done, it's time for toppings.

Toppings & instructions: A celebratory chocolate birthday cake porridge

As soon as you have poured the porridge in a bowl of choice, let the fun begin! Cut an **orange** in pretty pieces and add in a decorative way towards one side of the bowl. Then take **something glittery** and add for that extra sparkly birthday twist. Take a handful of **hazelnuts** and roast in a pan until golden brown, and chuck on top of the porridge in the middle of the bowl. Add some **blueberries** on top of that. With the help of a spoon, add a **tahini drizzle** to accompany the rest of your masterpiece. Put a **petite disco ball** in the bowl for some extra glam, and then add a lighted **candle** for proper birthday wish-making purposes. As the grand finale, add a **sparkler** for a lot of extra celebratory and visual wow effect.

For your safety and survival, only eat the edible toppings. While doing so, celebrate life and all there is to be grateful for in this world!

Like the combination of oats and chocolate. Outstanding.

Recipe 3 - tomato pasta soup porridge

If it turns out you don't have any oats, retreat to the back of your cupboards and see what you can find there instead. **Whatever** you find, try to boil to perfection.

Actual survival hack - to the last oat

When you realize that **whatever** written in the previous recipes doesn't work, immediately put down the spoon and turn to other oatsome food instead. A champion survival hack is to always keep a bucket of **ice cream** in your freezer. You know, for survival purposes. So now, spoon that outstanding **ice cream** instead, and savour every bite of its melting flavour. Love at first bite.