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 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. Oatstanding.
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 oatstanding **ice cream** instead, and savour every bite of its melting flavour. Love at first bite.