

# **12 Sweet and Savory Oatmeal Ideas**

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**Anarchy Cuisine**

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Since oatmeal is put together fairly easily we'll just stick to short combinations so you don't need to plod through much text. I've included some versions that I just photographed in a hurry and without paying any attention to the presentation. But this is the raw version of how I eat (you can see more in my stories on [my Instagram](#)).

1. Cook up with cinnamon and dried fruit (e.g. raisins), add arugula, serve with veggie plate



2. Cook up with whole dried apricots, add granola, cinnamon, skinned almonds, molasses



3. Add fermented oats, pear, dried plum, cinnamon, walnuts, tahini, sweetener: date syrup or agave etc (For details, I have a [separate post](#) on this one.)



5. Add figs, mulberry, tahini, black mulberry molasses



In summer, I like to serve porridge thinly spread on a plate because it cools down very quickly. Like this, you can't serve as much porridge as you might need but you can simply refill it once you've emptied your plate. Here an example:

6. Add chopped walnuts, rehydrated dates (soaked) with a few spoonfuls of its juice, tahini

7. Grate dark chocolate on the hot oats, add dates, tangerine jam, pomegranate molasses

It tasted much better than it looks!



8. Cook up with carrot stems. Add young cauliflower, chopped raw pumpkin, fennel, pepper and turmeric



9. Tahini & molasses, chopped walnuts, chopped dried figs (See the [dedicated post](#) for details.)



10. Add rehydrated figs with its juice

11. Add ground  
hemp seed,  
cacao, banana



12. Add freshly grated  
ginger, sesame, sumac,  
avocado, lemon juice