



## Oatmeal Cheat Sheet

### Sastojci

- 60g rolled oats
- 180ml milk
- 1/2 healthy sweetener (honey, maple syrup, agave syrup...)

### Toppings

- Fresh fruit (berries, apples, bananas, peaches...)
- Dry fruit (raisins, currants, apricots...)
- Nuts (hazelnuts, walnuts, almonds...)
- Seeds (chia, pumpkin, hemp, sunflower...)
- Spices (cinnamon, turmeric, ginger...)
- Chocolate (dark chocolate, cocoa powder...)
- Edible flowers (violets, daisies, lavender...)
- Dressing (peanut butter, jelly, yogurt...)



## Oatmeal Ideas



A sweet banana and blueberry combo, enriched with decorative daisies



An irresistible chocolate treat with hazelnuts and wild berries



Aromatic harmony of apple and cinnamon with the addition of walnuts



Exotic mix of pineapple and turmeric with chia seeds and yogurt



Magical synergy of banana, turmeric, lemon, and aromatic lavender



America's favorite combination of peanut butter and sweet jelly

