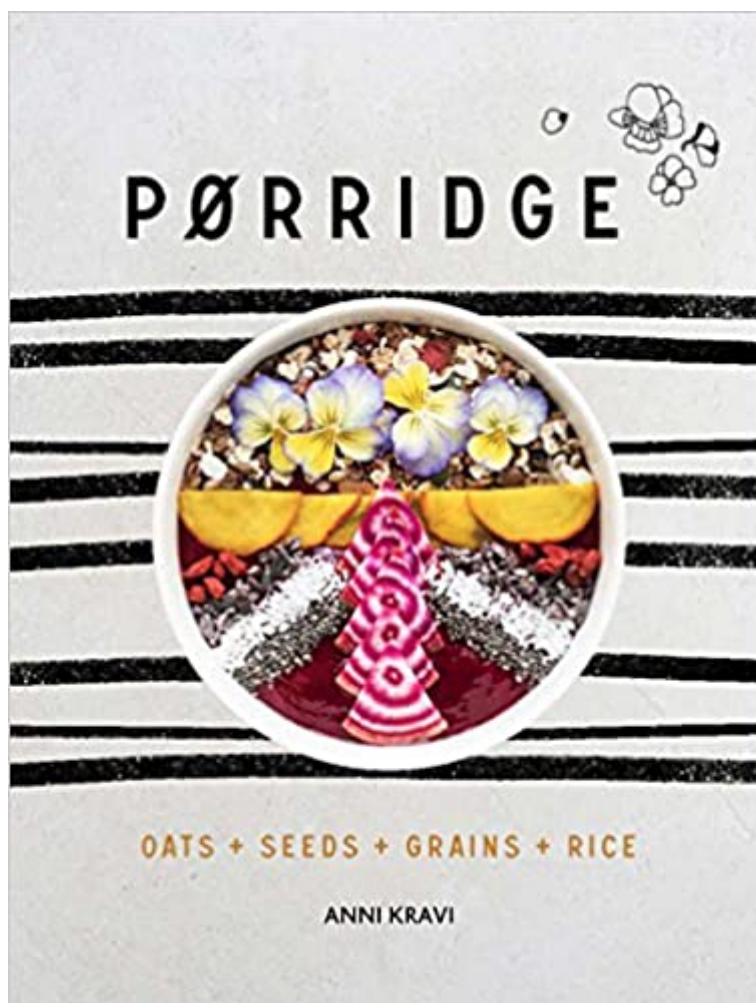


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# Porridge: Oats + Seeds + Grains + Rice



## Synopsis

Porridge (aka oatmeal) is the new food-trend on the block. It's no wonder why these highly desirable bowls have trended on Instagram over a million times, as porridge has now become the ultimate canvas for creating imaginative, healthy recipes which are packed full of flavor and topped with an abundance of superfoods. There are over 50 recipes which take inspiration from porridges around the world, her recipes use oats, quinoa, amaranth, raw buckwheat, bulgur wheat, rice and spelt. 'Porridge' features sweet, savory, raw, soaked and cooked recipes such as Carrot cake overnight oats, Quinoa, beet + ginger, Oats and kale tofu + sweet potato smash. The book also contains over 20 inventive toppings so that you can make your own bowl creations including recipes for Raspberry banana 'ice cream', 'Carrot' bacon and Tahini + licorice bliss balls. In this book, Anni Kravi re-writes the porridge rule book creating sugar-free, dairy-free and vegan superbowl food that will transform the way you eat.

## Book Information

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## Customer Reviews

ANNI KRAVI is a Helsinki-based recipe developer and food artist. She has developed an international following for her beautiful and meditative preparation of bowl food.

I just got back from a trip to San Francisco where though I expected to be wowed culinary wise I did not expect that to extend to breakfast but I was wrong. From little restaurants off the beaten path with bowls of homemade yogurt with freshly made cereal toppings to the big chains such as Petes offering chia bowls and overnight oatmeal in

comparison to my local stores selection of pasties and the mundane oatmeal in carton. I left inspired as though I tend to eat healthily, breakfast is a rushed job of coffee and Greek yogurt - not the healthy kind but the brand name where you pour some choc chip concoction over flavored Greek yogurt! I wanted more and as I sat in the airport reading a daily health blog I subscribe to; this book was referenced, so gift card in hand, I made the purchase. Now in full disclosure this book is wildly innovative and certainly inspiring but as the stunning and complex pictures suggest, this is not filled with quick easy suggestions to get you out of the door on a weekday morning. It will require some shopping as though I own a pretty well stocked pantry, this goes way beyond oats - requiring spelt, rye, amaranth, nut milks or the ingredients to make them, Inca berries, bee pollen, among other both mundane and exotic ingredients. There are also numerous steps to many of the dishes, requiring overnight soaking and preparing various toppings that finish the dish beforehand. I felt this was important to note as some potential buyers may be turned off by the steps or ingredients involved. Without knowing exactly what I was buying due to lack of reviews at the time of purchase, or the ability to "look inside" via , I was actually pretty surprised at how detailed this book is. When we think of porridge, we tend to think breakfast but this book contains ideas for any time of the day as is broken up into 5 main chapters: Bases, Sweet, savory, toppings and snacks. The beginning introduces us to the author and her life in Finland where the cold and often 20 hour dark days lend her to craving warm, comforting food which is where the porridge comes in. Her food philosophy is healthy, whole foods, and a plant based diet and her passion is photography; so taking these ideas, we get a book full of healthy, porridge based dishes combined with stunning artistry and amazing photography. The first chapter - bases - looks at nut milks, chia eggs and juice mixtures one would use as the base of the dish, and then we go into sweet dishes. Again it's worth noting that particularly when you arrive at the toppings, some are simple say coconut, but others will refer you to another recipe you will have to have prepared in advance such as homemade date chutney. That said, you can exercise some creativity and include / exclude certain toppings. Also note each recipe is for ONE serving, which might be worth noting if you are looking to prepare meals for a family. The savory dishes were a surprise but a pleasant one with warming dishes such as oats, kale, tofu and sweet potato or black rice miso and shitake. Toppings include everything from granola, ice cream, nut butters and even carrot bacon. Snacks include chia cups, porridge bars and maca balls which is my next to do from this book. So far I have only made some of the additional ideas such as the edamame hummus (delicious and simple) and toppings, as the bowls require more ingredients than I have on hand; but as I replicate some of the dishes I will update with pictures accordingly. Overall I like this book and it

is really different from anything else out there. I gave it 4 not 5 stars for a couple of reasons -the sheer complexity of ingredients and in some cases steps involved - there are few ingredients that I can make right off the bat (even with a very, very well stocked pantry with maca, nutritional yeast, spirulina etc); and the lack of any nutritional information which I really would have liked as breakfast is one of the most important meals of the day and I would really like to know nutritional content with protein, overall calorie content etc. That said this is innovative, full of beautiful photography and is certainly inspiring to me to get out of my comfort zone and try some new super food bowls.

Interesting cookbook offering a nice variety of unique recipes!

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