

Toppings for Oatmeal & Quinoa Bowls

Oatmeal is all about the toppings! You can make a big, glorious bowl of wonder and delight by topping it with a variety of amazing add-ons. All of our wisdom breakfast oatmeal recipes should include gorgeous toppings. We urge you to top not only for your health, but for your eyes to behold the beauty and your taste buds to relish in the mingling flavors. You just have to get smart about them. The following is a list of our Standard Toppings, along with explanations of how to use each one.

Standard Toppings

- Berries (fresh or thawed from frozen. Blueberries are excellent on oatmeal)
- Goji berries
- Cacao nibs
- Nuts (such as walnuts or any nut or seed)
- Nut butter (we love almond or peanut butter)
- Banana (optional small amount; typically, no more than $\frac{1}{4}$ - $\frac{1}{3}$ banana)



Get Smart About Toppings

Most of our wisdom oatmeal recipes use only $\frac{1}{3}$ cup of oats (or even $\frac{1}{4}$ cup in the Overnight Kefir Oats recipe). This leaves room for more toppings, some of which can be E fuels.

- Berries—Throw on up to $\frac{1}{2}$ cup of blueberries or as many other berries as you want. Their dark blue hue against the creamy oatmeal will please your eyes, help clean up your CLBM, and powerfully protect your brain.

- Goji berries—Throw on about 1 Tbs or so of goji berries. Once you start adding gojis to your oatmeal, you won't know how to go back! Their bright red color against the dark blue of the blueberries is literally awe-inspiring, not to mention their amazing health benefits for your eyes and brain. They also bring a wonderful chew to an oatmeal bowl, making the texture more interesting and enabling the eating experience to last longer. They have a fantastic earthy, slightly sweet flavor. Since they're an E fuel, it's important to be mindful of amounts since you already have oats as an E as well. They are far kinder to your blood sugar than raisins, but they are still a dried fruit, therefore, the 1 Tbs or so suggested. You may be able to enjoy it more, or perhaps you'll have to stick with lower amounts.
- Cacao nibs—Throw on about ½ - 1 tsp if wanting to keep in E mode. More can be used if wanting an XO. Cacao nibs add fantastic crunch and pair with gojis; they obliterate the usual blah of oatmeal texture. They are also brimming with antioxidants and flavonoids to up your health.
- Nuts or nut butter—Throw on a sprinkle of nuts or a swirl of nut butter. Nut butter should be kept to 1 tsp for E and 1 Tbs for XO. A garnish handful of nuts (we love walnuts on oatmeal) or a larger but not over-the-top handful of nuts for XO is appropriate. Important - You'll choose either, not both. Either nuts or nut butter can really complete an oatmeal bowl and bring far more delight to your mouth and satisfaction to your mind.
- Optional banana—Throw on ¼ - ⅓ of a sliced or diced banana. Some of us love to use some banana to top an oatmeal bowl, but if you already have wise amounts of E fuels (your oats and gojis), don't test your blood sugar by adding a whole banana on top. Go easy. Using all your other toppings, you don't need much, just that little bit for taste and to furnish good bugs in your gut that really flourish when chowing down on banana.