



## Basic Oatmeal CAKES

### Ingredients:

12 egg whites  
1/2 cup of DRY Oatmeal or any type of Flake  
3 Tbs of Cream of Rice or any type of small grain cereal  
Cream of tartar  
Sweetener to taste  
Other Flavorings to taste

### Directions:

- Add cream of tartar to the egg whites and beat the crap out of them. You are looking for stiff peaks. If you get any yolks in your mix, they will not stiffen.
- Add sweetener while blending to assist in the stiff egg whites
- Add in one serving of any type of FLAKE
- Add in one serving of any type of GRAINY Cereal
- Add in other flavorings to taste
- Mix all together until well blended
- Pour into two cake pans

Bake at 325 for about 20 mins. Allow to cool

These are *Awesome* treats to create for yourself. I have played with so many different variations and have found I like the blend of one serving of flake with one serving of grainy cereal. Though 2 servings of grainy cereal is great as well. If you do two servings of the flake cereal they turn out quite heavy.

Play with your flavorings. Play with variations of cereals.

Flake suggestions are: Oats, Multi-Grain cereal, Rye, Kamut, and Spelt

Grain Suggestions are: Cream of Rice, Steel Cut Oats, 7-Grain cereal etc.

Other fun things to do with these are to drop like cookies, or make into muffins or bars. Have some FUN!

~Nadine