



Breakfast Custard

Ingredients:

12 egg whites
2 servings of your favorite grain (Rye flakes, Oatmeal, Quinoa flakes work nicely)
Udo's Essential Oil
Pam Cooking Spray
Spices You like...
Optional: 1 apple or berries of choice

Directions:

- Mix your grain according to the instructions. Add a tad MORE hot water than the original recipe asks for. As an example if I am using Oatmeal I add an additional ¼ cup of water. You want the grain to be setting but runny
- Spray skillet with Pam and pre-heat to medium
- Add flavorings to your egg whites and 'scramble' over medium heat until almost set
- Next add in the 'almost set' grain mixture. Again this should be watery at this stage.
- Cook this mixture until the water is absorbed. The mix should literally be the consistency of a nice custard by now. (this takes about 3 mins)
- Remove from the stove, add the Udo's and mix well.
- If you choose, you can add in your raw fruits.

This is delicious right off the stove. It is also incredible once it has been refrigerated. I use this for a great morning or afternoon treat.

My favorite variations of this recipe:

Adding a Brae burn apple.. this adds a lovely crunch

If you like Bananas add them in while in the last 2 mins of cooking.

Berries are wonderful with this mixture and add quite a bit of flavor.

If your food plan allows.... Adding a few nuts to this dish is absolutely heavenly.