

The Dukan Oat Bran Galette (Pancake)

-Source The Dukan Diet by Pierre Dukan modified by Dr. Dan Kuehne, ACN, BS, DC

- Place 2 tablespoons of gluten free oat bran in a bowl
 - If you have celiac disease or are extremely gluten intolerant, than you can substitute organic flax seeds. Be sure to freshly ground them, once they are ground they go rancid very quickly.
- Add 2 tablespoons non-fat Greek yogurt
 - FAGE total- plain is the best brand
 - According to Dr. Dukan he would prefer you use the fat-free version. You can do this for some time, but I do think its best to keep the fat.
- Add one egg white.
 - Again according to Dr. Dukan he would prefer you use the only the egg white. You can do this, but I again believe the whole egg is more beneficial.
- You can sweeten with Stevia for a sweeter pancake.
 - According Dr. Dukan he says OK to use Splenda, which I totally disagree with. There is plenty of information available about dangers of Splenda, NutraSweet, and Sweet-n-low.
- You can add pepper, herbs and or chopped garlic for a savory pancake.
- Grease a pan
 - Ideally use Coconut Oil or Butter
- Beat the egg white until foamy. In a separate bowl combine the oat bran, Greek yogurt and sweetener or seasonings. Add the beat an egg white and mix until blended.
- Pour pancake mixture into the pan and cook about 5 minutes until underside is golden and upper side starts to dry
- Flip the Galette with a spatula and continue cooking the other side for an additional 5 minutes
- Allow to cool briefly, then serve