



NUTRITIONAL INFORMATION

Breakfast

Per serving	Per serving
Calories	408
Protein	17 g
Carbs	82 g
Fat	2 g

OATMEAL

Makes 2 servings

INGREDIENTS

- 1 cup quick-cooking oatmeal
- 2 cups water
- 4 egg whites beaten until foamy
- ¼ cup raisins
- 1 tsp. cinnamon

Method

Bring 2 cups water to boiling. Stir in rolled oats and raisins, reduce heat to medium low, and cook uncovered for 2 - 3 minutes. Remove from heat, fold in egg whites, cover, and let stand for 5 minutes. Sprinkle with cinnamon and serve with stewed rhubarb and strawberries and fat-free milk.



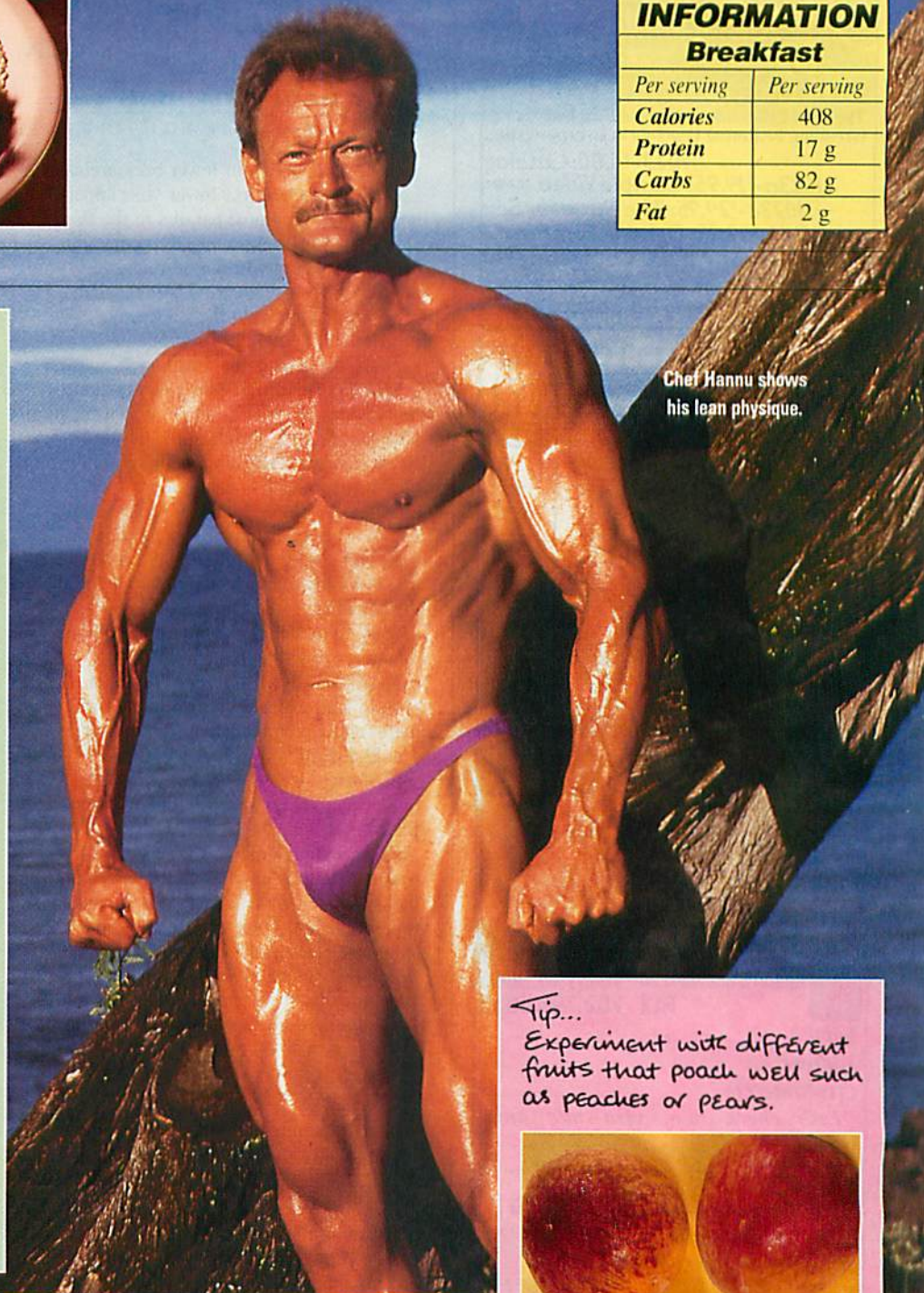
STEWED RHUBARB & STRAWBERRIES

- 1 cup rhubarb cut into 1 inch chunks
- ½ cup strawberries, hulled
- 1 cup water

Combine ingredients in a small saucepan. Bring to boil, reduce heat to medium, and cook until tender (approximately 10 minutes).



Tip... You should find that the strawberries sweeten the rhubarb naturally, however if you'd like it sweeter add splenda to taste



Chef Hannu shows his lean physique.

Tip...

Experiment with different fruits that poach well such as peaches or pears.



LAYOUT: ELIZABETH WILSON

PHOTOS: ROBERT KENNEDY