

IRISH OATMEAL BRULEE (Serves 4)

Ingredients:

- 1 cup Irish Steel Cut Oatmeal
- 4 cup milk, soy
- 1 pinch salt, kosher
- 2 ea oranges, bested
- 1 ea stick, cinnamon
- 1 cup chopped bananas
- 2 tbsp toasted almonds
- 6 tbsp flaxseed, ground
- 4 tbsp sugar, raw granulated

1. Cook oatmeal in soymilk with salt and ground flaxseed over medium heat for about 30 minutes with orange zest, and cinnamon stick.
2. Meanwhile toast almonds either in oven or over medium heat in a skillet and set aside.
3. When desired texture is achieved, remove cinnamon stick, fold in the bananas and divide the mixture into 4 heatproof ramekins.
4. Sprinkle each ramekin with sugar and torch to melt the sugar for a brittle burnt sugar crust.

Be creative in adding your own fruits fresh or dried, nuts and accompaniments.

This recipe covers 4 of the 10 prescribed steps for lowering cholesterol with 1.Oatmeal, 2.Soy Milk, 3.Flaxseed, and 4.Almonds.

Healthy Breakfast Alternative for Children: Using additional Irish Oatmeal Brulee, spread out oatmeal and allow it to cool so that it becomes stiff.Cut into sticks, coat with sugar and cinnamon and lightly sauté using a touch of canola oil, serve with maple syrup and you have a twist on French toast sticks.