Dukan Oat Bran Recipes

20 Delicious Recipes
Dr. Pierre Dukan is a French medical doctor with **40 years of experience in clinical nutrition.** While he began his medical career specializing in neurology, Dr. Dukan discovered and refined his successful weight loss method while working with over 40,000 of his patients in his General Practice. Since then he has spent his career helping people lose weight and keep it off forever.

**My American Dream**

My life has been that of a happy man. I found my calling early in life. In following my chosen path and in all my efforts, I was greeted with support and appreciation.

Yet, I am not content. As a doctor, I am painfully aware of the fact that modern medicine is failing to adequately address weight-related issues. My life’s work and the unexpected success I have achieved have all led up to my current mission: Taking the first serious step toward reversing the obesity epidemic that is threatening our society today.

The fact that weight-related problems are the leading killer in the Western world is far too easily overlooked. The media frequently addresses cancer and heart related deaths, but in all reality, weight-related health problems are responsible for more deaths than both of the above combined. We just don’t hear about weight-related deaths because no one dies from an “excess-weight attack” but rather from health problems caused by excess weight like diabetes, coronary heart disease, stroke, high blood pressure, and breast and prostate cancers.

My father named my brother Franklin after the great American president, Franklin Roosevelt, because of the crucial role he played in liberating Europe. Throughout his life, my father always had a special place in his heart for America. He would always say, “Never forget that the Americans saved us. We are indebted to them. If one day you find yourself in a situation where you can show them our gratitude, do so with all your heart.”

So I wanted to bring my years of experience to help all of you lead healthy and happier lives.
Given oat bran’s many impressive qualities and benefits, some people may well be thinking to themselves that using a panacea of this sort will be as off-putting as swallowing cod liver oil.

This is not the case at all! Not only is oat bran a slimming and quasi medicinal food, it is also a high quality food with taste, flavor and consistency and it lends itself to being used in a whole variety of dishes, each as delicious as the next.

First of all let us take a look at the actual product and how you purchase it.

Oat bran is the name given to the fibrous outer casing of a cereal. Just as wheat bran is the outer husk for the wheat grain, oat bran is the fibrous casing that protects the oat grain inside. All sorts of insects and parasites are very keen to devour cereals. To ensure high productivity, cereal crops are sprayed with pesticides which pollute the bran more than the grain. So like any other cereal, fruit or vegetable, oat bran is of better quality if it is grown organically using as few pesticides as possible. However, given how scarce it is nowadays, there is not enough organic oat bran available to meet demands so we will have to wait until economic pressure from consumers encourages new producers to come up with the goods. You can count on me to encourage them to do this.

As you look around to buy your oat bran you will notice that it comes in various forms, weights and different brands. You can find my Dukan Diet Organic Oat bran at: www.shopdukandiet.com.

Oat bran comes in different sized packs, ranging from 12 ounces to 25 pounds. The ideal size is a 17 ounce box for individual use. One tablespoon of oat bran weighs about 8 grams. If you use three tablespoons per day that comes to 24 grams a day on average so you would get through one pack every 3 weeks. This allows you to keep the oat bran dry so you will be assured that it tastes good and that it can add flavor, as well as being able to soak up water and nutrients which is its main property.

After using your oat bran, seal the package carefully, the simplest way being the traditional clothes peg. Never put oat bran in the fridge and certainly not in the freezer, you will be condemning it to a cold death!
Oat bran tastes naturally chewy. It has this consistency because it is soluble and like pectin is able to turn into a gel. It is not recommended that you eat oat bran by the spoonful as it comes since it will immediately become filled with saliva and will stick to your mouth until it gets saturated and soaked with liquid. However, I do have some patients who enjoy eating it like this.

When used with liquid, like water, milk or dairy products, it soaks the liquid up and it is chewiest in milk.

Use a blender or food processor as little as possible with oat bran. You will rob it of its plant texture and many of its best properties, its density and its resistance when eaten. However, there are some recipes where the bran has to be blended to be finer and chewier and more pleasurable to eat.

Oat bran has a sweet taste; the American and Scandinavian oat brans almost do taste sweet. This flavor comes from the beta-glucans in the oat bran; when cooked they become concentrated increasing the beta-glucan content and, on the surface of a galette cooked over a hot plate, this creates a slightly caramelized film. Some cooks make this film thicker by adding pumpkin powder. This natural sweetness comes through best when the mixture used is very thin, such as crêpes made with milk which very often can be enjoyed just as they are without any additional sugar or sweetener.

If you are not watching your weight, you can sweeten the oat bran in cakes with table sugar. If you are overweight you can use stevia, such as Dukan Diet Organic Stevia found online at: www.shopdukandiet.com to sweeten the mixtures you prepare. Spices may also be added. The most popular ones are cinnamon, vanilla and orange flower. Always go for the actual spices rather than their flavorings. Nonetheless, powdered or syrup flavorings are very practical; here it is best to opt for natural flavorings rather than synthetic ones. For example, do not spoil your oat bran with industrially manufactured vanilla.

You should also try ginger as it tastes wonderful in galettes.

For savory mixtures, ideally you would add some dried herbs de Provence. Once cooked, they turn out to be a great flavor enhancer providing texture, a lovely “crunchiness” and they will add a little sophistication to your galettes.

Finally, sprinkling some well toasted sesame seeds into your mixture will taste delicious too!
How Much Oat Bran Can You Use and When?

If you are in the Attack phase, that lasts 1-7 days depending on your circumstances, age, weight history, how long you have been overweight, the number of diets you have tried and whether you need to get off to a rapid start or not, you are allowed 1.5 tablespoons of oat bran.

In the Cruise phase, you can increase this to two tablespoons.

In the Consolidation phase, you can have two tablespoons as well.

In Permanent Stabilization, you MUST take three. As for how you use it, that is up to you and you will find lots of recipes at the end of the book.
As I wrote at the beginning of the book, the idea of using oat bran was born out of the grace of the love that connects me to my daughter Maya.

For her and thanks to her, I devised this galette which provided my method with what it was missing, an ultra-slow, tasty, filling and slimming carbohydrate, one that is easy to cook with and quasi-medicinal as it protects our health in the four areas where Westerners are at risk today.

As it all started with the galette – with sweet or rather sweetened galettes for some and savory galettes for others – I have decided to give the galette center stage by devoting a separate section to it before adding a string of other recipes.

If you are overweight and dieting, you can imagine just how useful it is to have this carbohydrate to liven up your diet, curb your appetite and allow your culinary imagination a free rein.

If you are diabetic, you can eat a slow carbohydrate that will be absorbed only gradually, that tastes like bread and has the texture of a pancake or blini without you having to fret over the nagging question of portion control.

If you are constipated, your bowel movements will very gently become more comfortable and fluid as your circular bowel muscles have something to push on to get things moving.

If you have high cholesterol, take a note of the date and get yourself tested two months after you start eating oat bran - the results will surprise you.

And if you suffer from none of these complaints, just enjoy eating the oat bran and tell yourself that you stand a very good chance of escaping them for a long time to come.

As for you, dear readers, if your imagination leads you to discover a new recipe or a new use for oat bran please be kind enough to let me know and I promise to name it after you.
**Savory Galette (Pancake)**

**Ingredients**

- 1.5 tablespoons oat bran, such as Dukan Diet Organic Oat Bran; 1.5 tablespoons fat-free plain Greek yogurt; 1 egg white or 1 whole egg (depending on your medical instructions);
- Sea salt, black pepper, herbs de Provence, to taste

**Directions**

1. Combine all the basic ingredients until the mixture is smooth. Add herbs salt and black pepper to taste.
2. Pour into a frying pan, warmed over a medium heat, and cook for about 1 to 2 minutes.
3. Using a spatula, turn the galette over and cook for the same time on the other side.

Savory galettes can be eaten like bread. They can be used to make a sandwich; you can eat them as blinis topped with a nice slice of smoked salmon, or cooked lean ham, chicken or turkey. You can use a galette as a pizza base; for your toppings, there is so much to choose from, for example tuna (in brine or spring water) is particularly nice with fresh or pureed tomato, a few capers and to finish off, a little fat-free cream cheese spread over the top.

**Dukan Diet Tip:** Make batches of galettes ahead of time and freeze. Defrost in fridge or microwave when needed for quick meals or to make other recipes listed in this book.
Sweet Galette (Pancake)

Ingredients
1.5 tablespoons oat bran, such as Dukan Diet Organic Oat Bran; 1.5 tablespoons fat-free plain Greek yogurt; 1 egg white or 1 whole egg (depending on your medical instructions); Stevia to taste, such as Dukan Diet Organic Stevia

Directions
1. Combine all the basic ingredients until the mixture is smooth. Add the sweetener to the mix.
2. Pour into a frying pan, warmed over medium heat, and cook for about 1 to 2 minutes. Using a spatula, turn the galette over and cook for the same time on the other side.

Dukan Tip: Sweet galettes can be eaten as crepes. If you add a little milk to make the mixture runnier, you can produce thinner crêpes.

Variation: Sweet galettes are delicious flavored with vanilla, cinnamon or orange flower (water) or low fat cocoa powder such as Dukan Diet Organic Cocoa Powder.

Dukan Tip: You can make cookies from a galette, using a knife, cookie cutter or a sharp-edged glass to cut out the cookies. Place the cookies on a baking sheet and bake for 5 minutes on each side at 425°F.
Savory Recipes

Cruise Phase
(Proteins + Vegetables)

Preparation time: 10 minutes
Cooking time: 15 minutes
20 appetizers

Zucchini and Feta Appetizers

Ingredients
1 zucchini; 1 onion; 2 eggs; ½ block of low fat feta cheese (tolerated); 3 tablespoons oat bran, such as Dukan Diet Organic Oat Bran; ½ bunch of basil; Sea salt, black pepper;

Directions
1. Preheat the oven to 425°F.
2. Grate the zucchini without peeling it. Thinly slice the onion, chop up the basil very finely and crumble the feta.
3. In a large bowl, combine the zucchini, onion, basil, feta cheese, oat bran, eggs and add salt and black pepper. Once the mixture is well blended, spoon out small balls onto a baking sheet covered with parchment paper. Bake for 15 minutes then remove from the oven, turn the appetizers over and bake for a further 15 minutes.

Dukan Tip: These appetizers also make a perfect accompaniment for roast chicken or chicken strips.
Cruise Phase
(Proteins + Vegetables)

Preparation time: 15 minutes
Cooking time: 20 minutes
1 serving

Ingredients
4 ounces butternut squash, peeled and cut into fries; 1 large carrot, peeled and cut into chips;
2 tablespoons Dukan Diet Organic Oat Bran (you can use 3 tablespoons in Consolidation);
1 tablespoon chopped tarragon; 1 teaspoon chopped parsley; Seasoning (salt and pepper to taste);
1 cod fillet; 2 tablespoons corn starch (tolerated); 1 egg, beaten; 2 tablespoons fat-free plain Greek yogurt; ½ tablespoon capers

Directions
1. Preheat the oven to 400F.
2. Steam the butternut squash and carrots for 5-6 minutes.
3. Mix together 2 tablespoons of the oat bran with the chopped tarragon and 1 tablespoon with the chopped parsley. Season both well.
4. Dip the cod fillet first into the corn starch, then the egg and finally the oat bran and tarragon. Place on a baking sheet.
5. Toss the steamed fries in the oat bran and parsley mix and place alongside the fish on the baking sheet. Bake for 12-14 minutes, until the fish is cooked through.
6. Meanwhile, chop the capers and stir into the yogurt.
7. Serve the fish and chips with the capered yogurt on the side.
Savory Recipes

Ingredients
4 eggs; 8 tablespoons oat bran, such as Dukan Diet Organic Oat Bran; 3 tablespoons wheat bran (add in Cruise phase); 1 teaspoon baking powder; 6 tablespoons skim milk powder; 1 can crab meat, flaked; 1 cup prawns; 2 teaspoons mustard; Sea salt, black pepper

Dukan Tip: 1 tablespoon of wheat bran may be added to your favorite oat bran recipes and preparations, for added taste and texture. It's also a great way to help keep you regular!

Directions
1. Preheat the oven for 15 minutes at 400°F.
2. In a bowl, mix together the two whole eggs with 2 egg yolks. Keep the whites to one side. Add brans, the milk, mustard, baking powder, flaked crab meat, prawns, salt and black pepper.
3. Whisk the 2 egg whites until stiff and fold them into the mixture. Turn down stove and bake in the oven for 35 minutes at 350°F.

Crab and Prawn Loaf

Attack Phase
Preparation time: 25 minutes
Cooking time: 35 minutes
4 servings
Cruise Phase
(Proteins + Vegetables)

Preparation time: 20 minutes
Cooking time: 35 minutes
4 servings

Mushroom and Ham Loaf

Ingredients
8 tablespoons oat bran, such as Dukan Diet Organic Oat Bran; 3 tablespoons wheat bran; 5 ounces lean ham, cut into thin strips; 6 ounces mixed mushrooms; 4 eggs; 1 teaspoon baking powder; 6 tablespoons skim milk powder; 4 tablespoons fat-free plain Greek Yogurt; Black pepper, shallots, to taste

Directions
1. Place the mushrooms and ham in a frying pan to remove all the water, gently frying them until all water gone. Leave to cool.
2. In the meantime, take a bowl and mix together the 2 whole eggs and 2 yolks with the Greek yogurt, oat and wheat brans, skim milk powder and spices. Whisk the 2 egg whites until stiff and fold them into the mixture. Put to one side.
3. Preheat the oven to 350°F for 15 minutes.
4. Stir the ham and mushrooms into the mixture then add the baking powder. Mix together very thoroughly and pour into a loaf pan.
5. Bake in the oven for 35 minutes at 350°F
Savory Recipes

Herbed Chicken Rolls

**Cruise Phase**
(Proteins + Vegetables)

**Preparation time:** 5 minutes  
**Cooking time:** 15 minutes  
**1 serving**

**Ingredients**
1 savory Dukan galette; 1 thin chicken breast; ½ garlic clove; ¼ cup low-fat quark (or plain fat-free Greek yogurt); Handful thinly sliced button mushrooms; 1 tablespoon chives, chopped; 1 tablespoon flat parsley, chopped; Sea salt and black pepper

**Directions**
1. Make up a savory galette, cut it in two halves and put to one side. Using a rolling pin, flatten out the chicken breast and slice it in two lengthways.
2. Very lightly oil a non-stick frying pan and cook both pieces of chicken for 5 minutes on both sides until they are golden brown.
3. To prepare the stuffing fry the thinly sliced mushrooms in a frying pan together with the crushed garlic.
4. Leave to cool down and then add the quark, chives and parsley and finally season with salt and black pepper.
5. Stir all the ingredients together thoroughly. Place a piece of chicken breast on each half of the galette and then add a large spoonful of the stuffing, roll the galette up and use a cocktail stick to hold it together.
Chicken Turnover

Ingredients
1 savory Dukan galette; 1 slice cooked chicken; 2 tablespoons fat-free cream cheese; Black pepper, to taste

Directions
1. Make a savory galette then spread it with the cream cheese, grind some black pepper over it and add a slice of cooked chicken.
2. Fold the galette to make a turnover and cook it again on both sides.

Did you know oat bran helps to improve heart health, helps lower cholesterol levels, reduces blood sugar and helps prevent diabetes?
Savory Recipes

Cruise Phase
(Proteins + Vegetables)

Preparation time: 5 minutes
Cooking time: none
1 serving

Dukan Sandwich

Ingredients

For the galette:
1 savory Dukan galette;
Canned tuna (in water);
Capers;
1 lettuce leaf;
1 or 2 slices of tomato

For the Dukan mayonnaise:
1 to 2 tablespoons fat-free plain Greek yogurt;
1 raw egg yolk;
Spices;
Tabasco;
Drizzle of vinegar;

Directions

1. Make the mayonnaise by whisking the egg yolk with the spices, add 2 drops of Tabasco and then the Greek yogurt as if it were oil, whisking all the time. Finish off with a drizzle of vinegar.

2. Combine the other ingredients, (tuna, capers, lettuce, tomato slices) and spread over the cooked galette.
Cruise Phase
(Proteins + Vegetables)

**Preparation time:** 20 minutes

**Cooking time:** 10 minutes

1 serving

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**Tuna Pizza**

**Ingredients**

- 1 savory Dukan galette
- 1 can chopped tomatoes
- 1 large onion, chopped
- 1 teaspoon thyme, oregano and basil
- 2 pinches cayenne pepper
- \(\frac{1}{2}\) cup tuna (in water)
- 2 tablespoons capers
- 3 tablespoons fat-free cream cheese
- Sea salt, to taste

**Directions**

1. Use a savory galette as your base.
2. Drain the chopped tomatoes.
3. Gently fry the onion in a frying pan, add the tomato, herbs and pepper then season with a little salt.
4. Leave to simmer and thicken into a nice sauce, over a gentle heat, for ten minutes. Drain the tuna well, flake it into a bowl and put to one side. Spread the tomato sauce over the galette, scatter over the tuna and capers and dot with the cream cheese.

**Variation:** Try adding different pizza toppings such as artichoke hearts, broccoli rabe or shitake mushrooms.
Ingredients

2 tablespoons oat bran (or couscous if in Consolidation), such as Dukan Diet Organic Oat Bran; 1/3 cup broccoli florets; Small handful parsley, chopped; Small handful mint, chopped; 2 spring onions, trimmed and sliced; Grated zest of ½ lime; Seasoning (salt and pepper to taste); 1 salmon fillet

Directions

1. Place the oat bran or couscous in a bowl and pour over 2 tablespoons boiling water and leave to stand for 10 minutes.
2. Steam or blanch the broccoli in boiling water then refresh under cold running water.
3. Fluff the oat bran with a fork then stir in the chopped herbs, spring onion, lime zest, broccoli and seasoning.
4. Grill the salmon fillet to your liking and serve with the tabbouleh.
5. Alternatively you could flake the fish and stir into the tabbouleh to serve.
**Lemon muffins**

**Ingredients**

1 tablespoon wheat bran; 2 tablespoons oat bran, such as **Dukan Diet Organic Oat Bran**; 4 tablespoons skim milk powder; 2 eggs; 1 teaspoon lemon extract; 1 teaspoon baking powder; 1/8 teaspoon of stevia (or to taste), such as **Dukan Diet Organic Stevia**

**Directions**

1. Blend the oat and wheat bran until as fine as possible then put to one side.
2. In a bowl, combine the two brans, skim milk powder, 1 egg and 1 egg white and lemon extract, baking powder and sweetener.
3. Put the mixture into two ramekin dishes and bake in the oven at 350°F for 15 to 20 minutes, keeping a careful eye on the muffins until they are ready.
Cookie, Cake, Muffin and Other Sweet Temptations

Cruise Phase
(Proteins + Vegetables)
(Serve with fruit in Consolidation)

Preparation time: 10 minutes
Cooking time: 20 minutes
Makes 6 cupcakes
**Dukan Oat Bran Red Velvet Cupcakes**

**Ingredients**

- 2 eggs; 2 tsp. water; 6 tbsp. oat bran, such as Dukan Diet Organic Oat Bran; 2 tbsp. wheat Bran; 4 tsp. cocoa powder such as Dukan Diet Organic Cocoa Powder (tolerated);
- 1 tsp. baking powder; 1 tsp. Stevia (or to taste), such as Dukan Diet Organic Stevia;
- 4 tbsp. fat free Greek yogurt; 2 tbsp. skim milk; 1/4 tsp. vanilla extract; Beet juice (as food coloring)

*For Icing*

- 18 oz. package of fat free cream cheese; 1/2 tsp. of vanilla extract; Stevia to taste, such as Dukan Diet Organic Stevia

**Directions**

1. Pre heat the oven at 350F.
2. Separate the egg whites from the yolks.
3. Put the whites in a mixer with the 2 tsps. of water and mix until the whites are stiff - set apart.
4. In the meantime mix all the dry ingredients in a bowl.
5. Beat the egg yolks, yogurt and vanilla, slowly add the egg whites and the dry ingredients, add beet juice until you get the desired color (slightly pink).
6. Line a muffin tray with parchment baking cups and fill each cup.
7. Put in the oven for 20 minutes. Insert a toothpick inside a cupcake; if it comes out clean they are done. If not bake for 2 more minutes and test again.
8. For the frosting, beat the cream cheese, vanilla extract and stevia until light and fluffy.
9. Let the cupcakes cool before adding the frosting - you can use a knife or piper.
Crunchy Cappuccino Cookies

Cruise Phase
(Pure Proteins, Proteins + Vegetables)

Preparation time: 40 minutes
Cooking time: 20 minutes
Makes 8 cookies, 2 servings

Ingredients
4 tablespoons oat bran, such as Dukan Diet Organic Oat Bran; 2 tablespoons wheat bran; 2 tablespoons corn starch (tolerated); 1 tablespoon low-fat quark (or fat-free plain Greek yogurt); 6 ounces fat-free plain Greek yogurt; 2 eggs; ½ teaspoon baking powder; 1 teaspoon instant coffee; ½ teaspoon stevia, such as Dukan Diet Organic Stevia; 3 tablespoons skim milk powder

Directions
1. Combine all the ingredients thoroughly.
2. Line a baking tray with some parchment paper.
3. Spoon out 8 cookies onto the tray, leaving enough space between them.
4. Bake for 20 minutes at 325°F in the middle of the oven. Keep a careful eye on the cookies and only remove the cookies from the tray once they are cold.
Ingredients

3 tablespoons Dukan Diet Organic Oat Bran; 3 tablespoons corn starch; 1/16 teaspoon stevia, such as Dukan Diet Organic Stevia; 1 egg, separated; 1 tablespoon fat-free cottage cheese; 2 tablespoon fat-free plain Greek yogurt; 3 strawberries, sliced (omit if you are on Cruise and would like a scone)

Directions

1. Preheat the oven to 400F.
2. Place the oat bran and corn starch into a bowl and stir in the sweetener.
3. Whisk the egg white until stiff. Whisk together the egg yolk and fat-free cottage cheese.
4. Fold the egg white into the egg yolk mixture then fold into the oat bran mixture.
5. Spoon out 4 molds of the mixture onto a baking tray and cook for 8-10 minutes.
6. Leave to cool on a rack.
7. Serve topped with a drizzle of yogurt and a few slices of strawberries.
**Dukan Muffins**

**Ingredients**

4 eggs, separated; ½ cup oat bran, such as Dukan Diet Organic Oat Bran; ¼ cup fat-free plain Greek yogurt; ½ teaspoon Splenda or 1/8 teaspoon stevia (or to taste), such as Dukan Diet Organic Stevia; 2 teaspoons grated lemon zest or ½ teaspoon ground cinnamon or ¼ teaspoon coffee extract

**Directions**

1. Preheat oven to 350°F.
2. In a medium bowl, mix the egg yolks, oat bran, yogurt, sweetener, and flavoring of your choice until thoroughly combined.
3. In a medium mixing bowl, beat the egg whites until stiff.
4. Gently fold the egg whites into the oat bran mixture.
5. Spoon the batter into a nonstick or silicon muffin pan and bake until cooked through, about 25 minutes.

**Note:** If your muffin tin holds more than 4 muffins, fill the empty spaces with water to prevent the tins from burning.
Rhubarb Crumble

Ingredients

½ cup rhubarb, cut into small chunks; Stevia (to taste), such as Dukan Diet Organic Stevia; 3 tablespoons oat bran, such as Dukan Diet Organic Oat Bran; 1 tablespoons wheat bran; 1 egg yolk; 1 tablespoon fat-free plain Greek yogurt

Directions

1. Preheat the oven to 400°F.
2. Gently cook the rhubarb adding some sweetener so that it tastes less bitter.
3. Combine the brans, egg white and Greek yogurt. Line a baking sheet with parchment paper and spread this mixture over it and bake for 20 minutes at 350°F. Once cooked, cut the mixture into small pieces and put in a blender. Bake the crumbs in the oven for a further 5 minutes.
4. In the meantime, pour the rhubarb into a ramekin dish and when ready add the crumble topping. Bake for 10 minutes at 350°F.
Directions

1. Make a sweet galette.
2. Combine the egg yolk and low fat cocoa powder, adding a little sweetener until the mixture is to your taste. When it is, spread it over the galette.
Chocolate Cinnamon Aniseed Galette (Pancake)

Ingredients
1 sweet Dukan galette; 1 egg yolk; 1 teaspoon low fat cocoa powder, such as Dukan Diet Organic Cocoa Powder (tolerated); Stevia (to taste), such as Dukan Diet Organic Stevia; Pinch anise seeds; Pinch cinnamon

Directions
1. Make a sweet galette and spread some chocolate spread over it (see the recipe above), then sprinkle over some anise seeds and cinnamon to taste.
Oat Bran Porridge

Ingredients
1 cup fat-free milk; 3 tablespoons oat bran, such as Dukan Diet Organic Oat Bran;
1 teaspoon alcohol-free vanilla extract; 1 cup blueberries; Stevia to taste, such as Dukan Diet Organic Stevia

Directions
1. In a pan, heat the fat-free milk with the vanilla extract.
2. Add the oat bran and stir until it becomes nice and thick. Remove from the heat, add the sweetener and blueberries then serve immediately.

Consolidation Phase
Preparation time: 2 minutes
Cooking time: 6 to 7 minutes
1 serving
Did your daily oat bran get side tracked lately? Remember, the soluble fiber in oat bran reduces the absorption of toxins and fats into the bloodstream, supporting healthy cholesterol levels as you lose weight.

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We highly recommend that you read The Dukan Diet book, because it will allow you to become more familiar with the diet in its entirety and make your journey to weight loss more successful.