

Chocolate Pumped Microwave Power Cereal



Tip: This easy to make variation on microwave cooked power cereal uses chocolate whole grain cereal (great stuff) along with chocolate chips to go with egg, milk, and vanilla covered by a good shot of plain yogurt, cut fresh kiwi, and dried cranberries.

Preparation Time: about 10 minutes

Ingredients (per person)

1-2 Handfuls of Chocolate Cereal

1 Egg

Milk

Dash of Salt (helps make eggs fluffy)

Vanilla Extract

Fresh Kiwi (can be substituted with any other fruit)

Nut Butter (I'm using almond butter, but any nut butter will work)

Cookie Spread (optional)

Chocolate Chips

Favorite Yogurt (I'm using nonfat plain yogurt)

Favorite Dried Fruit (I'm using dried cranberries, but any dried fruit will work)



Equipment

Microwave Oven Safe Bowl

Fork

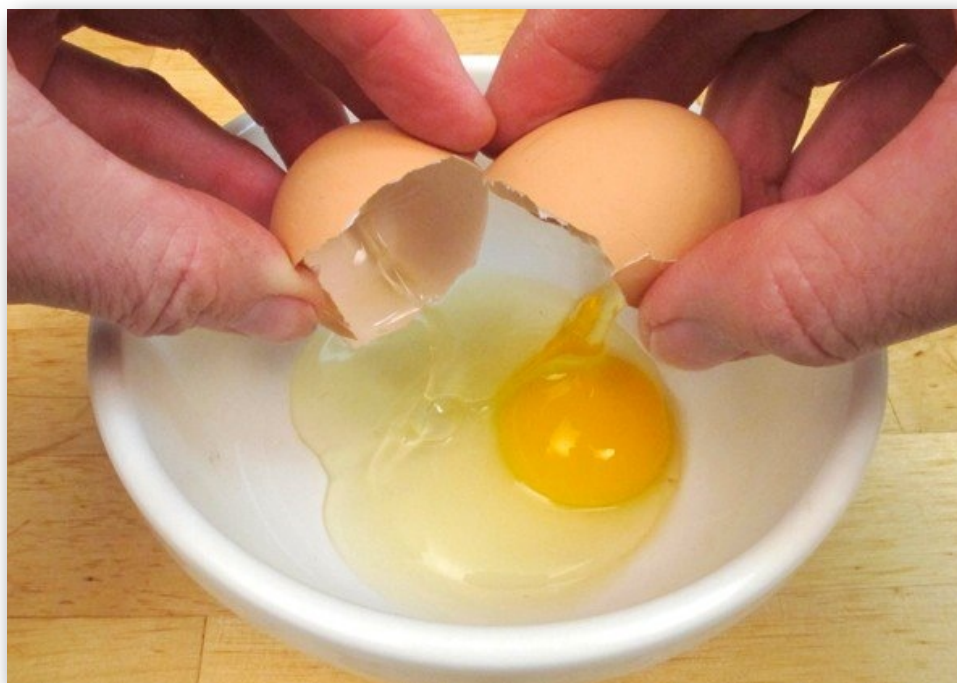
Tablespoon(s)

Short Blade Sharp Knife

Cutting Board



1. Break **1 egg** into a microwave oven safe bowl and add the **following ingredients:**



dash of salt



shot of vanilla extract



light shot of milk



about as much chocolate cereal as shown below



3. Stir vigorously with a fork until the **ingredients** are all well mixed together like this.



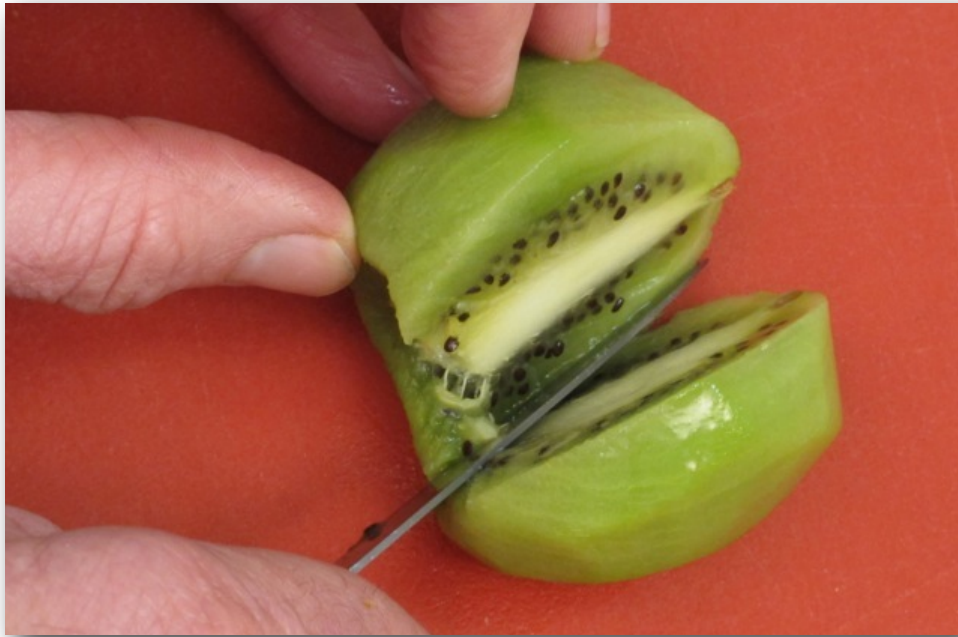
4. Put the bowl in the middle of the microwave oven, and cook using HIGH heat or 100% power for about 1 3/4 minutes (1:45 minutes). **NOTE:** Cooking time will vary depending on microwave oven watt power. I used a 1200-watt microwave oven and cooked the **eggs** and **cereal** as shown for about 1 3/4 minutes. If your microwave puts out less watt power, cooking time will be longer. If your microwave oven puts more watt power, cooking time will be shorter.



5. While the **power cereal** cooks, prepare the **kiwi** by first making an upside-down cone-shaped cut around the **stem patch** on top of the **kiwi** to remove the tough **stem top**. Then make shallow lengthwise cuts under the **skin** to peel off the **kiwi skin**.



Cut the **kiwi** in half lengthwise.



Cut each **half** into **2-3 lengthwise strips**, and cut those **strips** in cross section into **small bite sized pieces**.



6. When the **power cereal** finishes cooking, carefully remove the bowl from the microwave oven, and check the **EGG AND CEREAL DONENESS** as shown in the pictures that follow.



EGG AND CEREAL DONENESS

The **egg and cereal** are safely cooked when the **eggs** are solid throughout with no runny liquid as shown below. If, however,...



**Safely Cooked
Eggs & Cereal**

...the **eggs** are undercooked as shown below – still runny and wet – keep cooking in the microwave oven and checking for doneness at 30-second intervals until the **eggs** look as shown in the “**Safely Cooked Eggs & Cereal**” photo above.



UNSAFE, UNDERCOOKED
Eggs & Cereal

6. Top the **freshly cooked power cereal** with your choice or a combination of the following:

nut butter



cookie spread (optional)



chocolate chips



yogurt



cut kiwi (or other fruit)



dried fruit



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