

# Microwave Cooked Power Cereal



## TIPS:

1. Yes, there's cereal in there. It's just mixed with an egg, milk, vanilla, cinnamon a dash of both sugar and salt and buried beneath a good shot of Greek yogurt, some jam, fresh raspberries, and dried cranberries.
2. The cool thing about making this cereal – besides its full flavor and sustained energy

burn – is mixing, cooking, and eating the cereal right out of the same bowl.

**Preparation Time:** 3-5 minutes

Needed  
(per person)

Cooking Spray

1-2 Handfuls of Your Favorite Cereal

1 Egg

Milk

Dash of Salt (helps make eggs fluffy)

Dash of Sugar (optional)

Vanilla Extract

Ground Cinnamon

Favorite Berries (I'm using raspberries)

Favorite Yogurt (I'm using Greek yogurt for both flavor and its high protein content)

Favorite Jam

Favorite Dried Fruit

Microwave Oven Safe Bowl

Fork

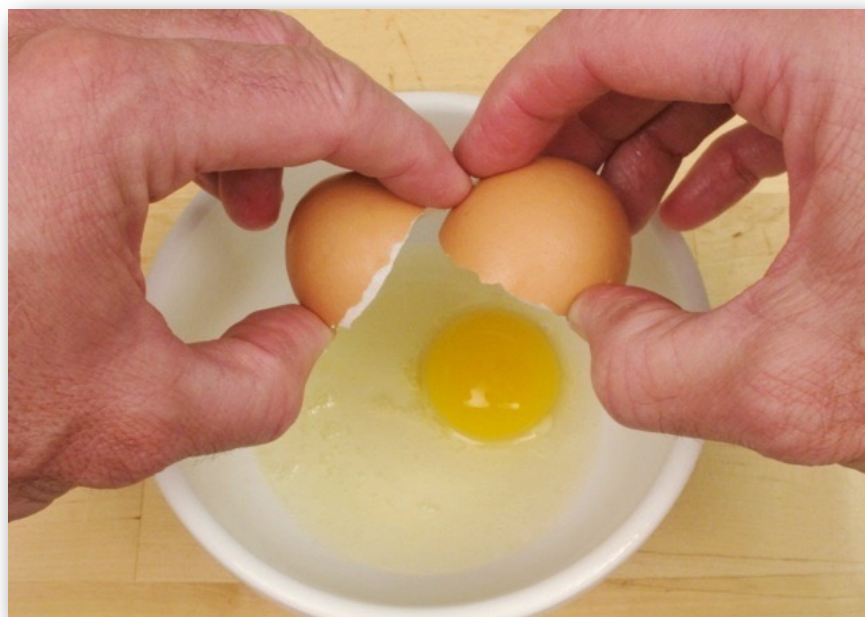
Tablespoon



1. Spray a **microwave oven safe bowl** with a light, even coat of **cooking spray**. (If you don't have cooking spray, you can rub a **light coat of canola or vegetable oil** on the inside of the bowl with a paper towel or just skip this step all together. The **cooking spray** or **oil** does not affect cooking, but instead makes cleanup later a little easier.)



2. Break **1 egg** into the bowl, and add the **following ingredients:**



**Light dash of salt**



**About as much sugar as shown below** (optional  
- most cereals are already well sweetened)



**Shot of vanilla extract**



## Shake of cinnamon



**1-2 handfuls** or **about as much cereal** as shown below



## Shot of milk



3. Stir vigorously with a fork until the **ingredients** are all well mixed together like this, making sure that the **egg yolk** is broken to avoid an **egg yolk** explosion as the **egg and cereal** cook in the microwave oven.



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. After 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:

**Your favorite yogurt**



## Your favorite jam



**Fresh berries** (or any other **fruit**) after rinsing them clean in the sink



## Dried fruit



© 2013 Bruce Tretter  
**Gotta' Eat, Can't Cook**  
"Show Me How" Video & Picture Book Recipes