

# Delicious & Healthy

## A Diet You Can Live With

(NAPSA)—Here's food for thought: A healthful diet doesn't have to be dull. You can keep your weight down and your energy and sense of well-being up while enjoying such delicious dishes as this:

### Oat Bran Pancakes Serves 6 to 8

Macadamia nut oil in a  
spray bottle

- 1 cup oat bran cereal,  
uncooked
- ½ cup whole wheat flour
- ¼ cup lo-han or 3 packets of  
stevia
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- Pinch of salt
- 2 cups heavy cream
- 2 eggs

Heat a nonstick griddle that has been lightly oiled with macadamia nut oil over medium-high heat. Combine the oat bran, flour, sweetener, baking powder, baking soda, and salt in a large bowl. Set aside.

Beat the heavy cream and eggs in a small bowl with a wire whisk. Pour the egg mixture over the dry ingredients. Stir together until the ingredients are just blended and no large dry lumps appear.

Pour approximately ¼ cup of pancake batter onto a hot, lightly oiled griddle. Cook until the pancakes are puffed, browned and slightly dry around the edges. Flip, then cook the other side until golden brown, about 2 minutes.



A new cookbook helps you make healthful, delicious oat bran pancakes. Top with sugar-free syrup or low-fat or fat-free yogurt.

The recipe comes from a new cookbook created by Fred Pescatore, M.D., a traditionally trained physician who practices nutritional medicine, and Chef Jeff Harter.

Complete with glossy four-color photos of many of the dishes, it offers a sensible, easy-to-follow program, based on the long-proven healthful features of the Mediterranean way of life, combined with the best features of a low-carb diet.

In "The Hamptons Diet Cookbook" (Wiley), Dr. Pescatore provides the latest information about eating to prevent heart disease, cancer and diabetes, along with such healthy shopping tips as: "If the word 'whole' does not appear on the ingredients list, you are not getting whole-grain bread."

You can order the cookbook and find diet tips, inspiring success stories and recipes on the Web at [www.hamptonsdiet.com](http://www.hamptonsdiet.com).