I'll begin this chapter with my Hostess Twinkie story. Hostess Twinkie Story. Everyone knows a Hostess Twinkie contains very little nutrition. If you eat foods that contain very little nutrition, your health will decline. When you put something into your mouth it should contain the constituent nutrients that your body needs to make the digestive enzymes needed to digest the food. If not, you are working at a deficit -- using up whatever supply of nutrients your body has stored. Most people put food in their mouth that contains very little nutrition. It is extremely difficult to find nutrient-dense food. I've only found three:

- Seaweed (contains ocean minerals, Arame is my favorite)
- Peanut Butter (contains 26 minerals and 14 Vitamins)
- Oat Bran (contains 10 minerals and 11 Vitamins)

The very best (heaviest) grade of oats are given to race horses. Google "grade 1 and oats" and you'll find articles about race horses.

**Oat Bran Dredged Vegetables**

Linda Romanelli Leahy's *Oat Bran Cookbook* contains a recipe for oat bran dredged onion rings that inspired me to try other egg battered vegetables dredged in oat bran. Examples could include:

- Broccoli Florets
- Zucchini
- Green Beans

**High Protein Chapter**

For more about eggs and oat bran, see a chapter I wrote for Dr. Simon Yu at: http://articles.x10.mx/godsebook_yu_chap_recipes_p_141_to_p_175.pdf.
Japanese Tempura is a dish made of seafood or vegetables that have been battered and cooked. Any of the vegetables used in Tempura could be used in this recipe. Examples include:

- Bamboo shoots
- Bell pepper
- Butternut squash
- Carrot
- Eggplant
- Gobo (burdock, Arctium lappa)
- Kabocha
- Mushrooms
- Okra
- Pumpkin
- Potato
- Sweet potato
- Renkon (lotus root)
- Shiitake mushroom
- Shiso leaf
- Yam
- Daikon radish

**Equipment**

- Quart or half gallon size Wide Mouth Mason Jar
- Large bowl for beating eggs
- Large baking sheet
- Parchment paper
- Tongs

**Ingredients**

- 3 Eggs (per person)
- Vegetable(s) cut into small pieces
- 3 cups of Bob's Red Mill Oat Bran
- Extra Virgin Olive Oil

**Steps:**

1. Preheat an oven to 350 degrees.

2. Crack open your eggs one-at-a-time into a small bowl to inspect the yolk. Discard any eggs that have black specks.
FYI: A large egg contains about 7 grams of protein.

3. Add the eggs to your large bowl one-at-a-time flipping the yolk over to inspect the rest of the yolk. Discard any eggs (with a spoon) that have black specks.

4. Beat the eggs.

5. Line a baking sheet with parchment paper.

6. Add the oat bran to the Mason Jar.

7. Wear a pair of thin rubber gloves.

8. Dip handfuls of vegetables into the egg batter.

9. Drop the egg covered vegetables into the oat bran and shake the jar.

10. Use a pair of tongs to move oat bran encrusted pieces to the baking sheet.

11. Dribble the encrusted pieces with olive oil.

12. Bake for 25 minutes at 350 degrees.

**Oat Bran Quiche Crust**

I have not yet mastered a quiche recipe that I like. However, I have had success with an oat bran crust that has a texture similar to a graham cracker crust.

**Equipment**

9 inch Pyrex pie plate(s)
18/10 sauce pan for melting butter
Large mixing bowl
18/10 Tablespoon or Serving Spoon

**Ingredients**

1 cup of Bob's Red Mill Oat Bran per pie plate
1/2 stick of butter per pie crust

**Steps:**

1. Preheat an oven to 350 degrees.

2. Fill your Pyrex measuring cup to the one-cup line with oat bran.

3. Pour the oat bran into a large bowl.
4. Add the melted butter to the bowl of oat bran and stir with a tablespoon until all the oat bran is moist.

5. When you are sure all of the dry oat bean is moistened with melted butter, move this mixture into the Pyrex pie plate.

6. Using the back of your tablespoon or serving spoon, press the oat bran around the bottom of the plate (and slightly up the sides) to form a crust.

7. If you are using the crust to make quiche, the crust will bake with the filling.

8. If you are using the crust for some other recipe, bake the mixture for 50 minutes at 350 degrees.

9. Remove the crust from the oven and cool for 20 minutes. The crust will keep in the refrigerator for 3 days.