

I Love My Microwave Omelet Maker + WIAW #4

Description

How often do you use the microwave? I use it daily and it almost always involves my [Microwave Omelet Maker](#). Not for omelets, but to make bread. Say what?!

I know, it sounds weird to me just reading it out loud, but it works so well! It's similar to the fairly popular "Microwave Mug Cakes" that started popping up a few years ago, just cooked in an omelet maker. Here's mine..



This handy little kitchen tool is in the top 5 things I use every day. Right up there with the knife and my titanium spork! The breads I make vary depending on what's left of my overnight oats mixture from the day before.

You see, I can inhale a container of plain Greek yogurt in 2 days, no problem. Once it's almost empty, I use it to make different variations of overnight oats using oats (duh), peanut flour, plant protein powder, shredded coconut, chia seeds, greens powder, and stevia.

Instead of breakfast, I have these concoctions as treats/2nd dinner at night and maybe some after lunch, which is typically my first meal of the day. When the mixture is low, I then use it as my base to make a bread.

Confused? Let me run you through a typical cycle, starting with my almost empty container of Greek yogurt.



From there, I fill it back up with all kinds of goodness. This one got mashed ripe bananaâ€¦



â€¦oatsâ€¦



â€¦peanut flour, stevia, and chia seedsâ€¦



â€¦along with a mix of water and almond milk to bring it all together.



Basically, peanut butter banana overnight oats, and theyâ€™re awesome! Whatâ€™s not awesome is when everything goes back down and Iâ€™m almost out of the peanut buttery goodness. But, no worries, this is when I make bread!

Since chocolate pairs perfectly with peanut butter and banana, I add unsweetened raw cacao powder to the dwindling oat mixture.



I also add more peanut flour, sometimes coconut flour, and sometimes oat flour along with baking powder, more stevia, and egg whites to bring it all together.



I find a butter knife to work best for my stirring needs and use it every time. It's even handy for scraping every last bit of the delicious batter into my greased omelet cooker.



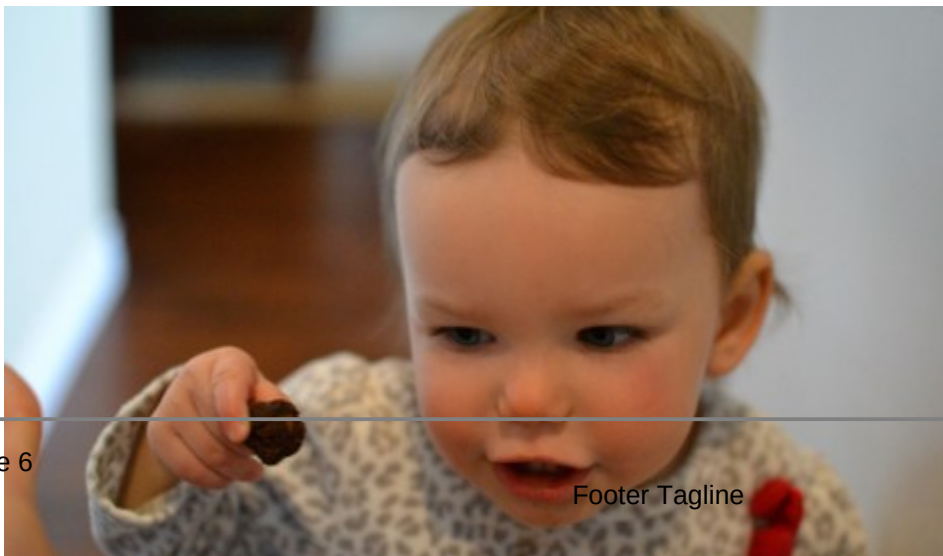
I never have an exact microwave time, but have been doing anywhere from 6:30 to 7:15 depending on how full each side is. And then viola!!



I have two half-moons of peanut butter banana chocolate bread. And it's healthy at that! Plus, Avery, my 16 month old, loves everything I make. I just cut it up into bites for her!



and she snatches them out of my hand as if I might take it back if she's not quick enough.



One for me, none for you, dad.

And that's that. I'll have another full container of yogurt that will go down fast and I'll repeat the process. Maybe with pumpkin puree, applesauce, or just extra oats and chia seeds.

If you haven't used one, I say give it a try. It's also great at making omelets if you're wondering. Like this sweet potato and spinach NuttZo omelet.



With that, let's move on to WIAW. Thanks to Jenn, for hosting this fun link-up for foodies everywhere!

Update: this week's WIAW is actually being hosted by Meg over on her cool blog, [Clean Eats, Fast Feets](#). [Head on over](#) and see what all the other foodies have on their plates for the week!

[what I ate wednesday, WIAW](#)

Mornings are pretty minimal with food intake for me, but Avery is always ready to go right when she wakes up. I try to wake up before her to at least have a batch of my microwave bread made and ready for her, but sometimes she has to wait. I'll have a quick shot of matcha green tea powder followed by a giant cup of coffee while Avery downs some of mommy's milk.



I finally have the bread ready for Avery. Today itâ€™s a protein pumpkin bread that she happily gobbles up.



I just ordered these organic chestnuts from Amazon (a freaking case of 24 packs!) on a whim and have been snacking on them during the day. Avery even enjoys them, although it takes her a while to chew one.



This is my first time to have chestnuts, and luckily I enjoy them. They™re great roasted (yes, on an open fire), as is, or mixed into salads. I like them with tuna or chicken salad for a cool new texture.

Lunch is a big bowl of steamed veggies with black beans and green onions on top. Oh yeah, and always plenty of cayenne; I like to sweat!



Since I was still hungry, I snacked on a few different pieces of microwave bread, some brazil nuts, and raw celery and carrots.



Yes, I'm using the lid of a bowl to double as a plate. Hey, it works, right?

Dinner, my biggest meal(s) of the day, started with salmon salad with steamed beets and broccoli, black garlic, celery, and 2 versions of my homemade sauerkraut. One was in a beet juice mixture and the other was infused with dill. I'll let you guess which was which. ðŸ™,



Round 2 involved a kale banana smoothie with the leftover slices of pumpkin bread Avery didn't eat.



I want my daughter to eat and all, but is it bad when I secretly hope she won't finish everything just so I can have some too? Hope I'm not alone here!

Hope you have a great rest of the week! Happy Hump Day!

Do you have a special way of using your almost empty containers like yogurt?

Are you a fan of overnight oats?

Have you ever "baked" bread in the microwave?

Aaaannnnnddd, before I go, I have to let you know that if you're a peanut butter lover, you NEED to try NuttZo if you haven't already! [Plus, if you go to their website](#) and enter code

liley15, you can save 15% off your order. ðŸ˜‰

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