

Posted on 5 December 2012

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Dukan Galette



Ingredients

Dukan Galette
2tbsp. Oatbran
2tbsp. Quark
1 egg

Preparation

1 Combine the ingredients until moist. Heat a non-stick pan and spoon the mixture in. Cook approximately 2 minutes on each side.

Cooks Note

The Dukan Galette is a daily reccomendation for those adapting to the Dukan lifestyle. Find out more at http://mydukandiet.com/ [6]