

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Episode 10: Kaiserschmarrn or “The Emperor’s Folly”**

**From Chef Hans:** From a nutrition standpoint, this dish is everything you need to start your day. Protein from the pecans, the millet, and the 7-grain pancakes is the kind of meal that gives you energy. With GI issues, sometimes it is difficult to find ways to “fuel up” for the day. With every meal and every ingredient, there is an opportunity to sneak in protein and calories.

*Serves 2-4*

**INGREDIENTS:**

- ¼ cup pecans, toasted in a dry non-stick skillet
- 1 leftover 7-grain pancake, torn into bite-size pieces
- 1 tablespoon butter OR coconut oil
- ¼ cup Granny Smith apple, chopped
- ¼ cup golden raisins
- 1 tablespoon Sugar Baby spice blend OR cinnamon sugar
- ¼ cup millet, cooked
- ¼ cup ripe figs, chopped
- drizzle of honey, for topping (optional)
- 1 tablespoon jam of choice (optional)

**DIRECTIONS:**

In a non-stick skillet, on medium heat, add the toasted pecans and pancake pieces with the butter. Stir together until the pecan mixture is well coated with butter. Add the apples, raisins, and spice blend. Stir together and let cook for about a minute while continuing to mix and stir. Add the millet, for your extra protein, and the ripe figs. Let warm up for about a minute and serve with a drizzle of honey or a scoop of jam!

**NOTE:** If you’d like to add meat, you can add a piece of bacon instead of the butter. If your figs are not quite ripe you can add them with the apples to soften them while cooking.