

FEATURED RECIPE

PHASE 1 COMPLIANT

Cinnamon Maple Oatmeal Muffins

- 1 pkg Ideal Protein Plain Pancake
- 1 Pkg Ideal Protein Maple Oatmeal
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- Pinch of salt
- 1 tsp Splenda or Stevia
- 1 egg white
- 3-4 oz water

Directions: Preheat oven to 350 degrees F. Mix dry ingredients together. Combine wet ingredients and add to dry ingredients. Mix until batter is smooth. Fill 4 nonstick muffin tins approx. 2/3 full. there should be enough batter for 4 muffins. Bake for 15-20 mins.

Serving Size: 2 muffins

Count: 1 Unrestricted IP
0.5 oz Dinner Protein