

CHOCOLATE CHIP MUFFIN

INGREDIENTS

- 1 Ideal Protein Chocolate Chip Pancake Mix
- 1 tsp. Olive Oil
- 1 tsp. Baking Powder
- A splash of Vanilla Extract
- 1 ounce of Water
- PAM Spray
- 1 pinch Ground Cinnamon

PREPARATION

1. Preheat the oven to 350 degrees.
2. In a bowl, mix all the ingredients, except the PAM Spray.
3. Spray PAM on a muffin pan or souffle cup.
4. Pour mixture into muffin pan or souffle cup.
5. Bake for 15 minutes.
6. Let cool for about 2 minutes.
7. Serve and Enjoy!
8. Phase Approved: Phases 1-3, Servings: 1

