

RECIPE OF THE WEEK

by: Jean Michael Coronado

Maple Oatmeal Pancakes

Ingredients

- 1 IP Maple Oatmeal Mix
- 1 Whole Egg
- 1 pinch of Sea Salt or IP Salt
- 1/2 tsp. Almond Extract (optional)
- 1/4 tsp. Cinnamon
- 2 Tbsp. Cold Water
- Walden Farms Apricot Dip (optional)
- 2 Tbsp. Walden Farms Pancake Syrup
- Pam Spray for cooking



Preparation

1. Heat your skillet on a medium temperature
2. Mix the Ideal Protein Maple Oatmeal with the eggs and water in a bowl
3. Add other ingredients except the Walden Farms Pancake Syrup
4. Spray the skillet with Pam
5. Pour some of the batter into the skillet
(you should be able to make 2 medium size pancakes)
6. Serve with Walden Farms Pancake Syrup on top. Enjoy!
7. Phase 1-3 allowed.