

OATMEAL BISCUITS

INGREDIENTS

- 2 pkg Ideal Protein Maple Oatmeal
- 1 pinch Baking Soda
- 1 pinch of Ideal Salt or Sea Salt
- 1 large Egg
- 3-4 ounces of Water

PREPARATION

1. Preheat oven to 400 degrees.
2. Beat egg then mix with Ideal Protein Maple Oatmeal, mix well.
3. Add water to turn into thinner batter (until scoopable, but not runny).
4. Place parchment paper on a cookie sheet.
5. Spoon mixture into desired size of biscuits.
6. Bake for about 10 minutes or until golden.
7. Serve & Enjoy!
8. Makes 2 servings.

