

RECIPE OF THE WEEK

by: Jean Michael Coronado

Oatmeal & Zucchini Muffins

Ingredients

- 1 Ideal Protein Maple Oatmeal Packet
- 1 Egg - beaten
- 1/2 tsp Baking Powder
- Pinch of Salt
- 1 tsp of Stevia
- 1 1/2 tsp Cinnamon
- 1/2 cup of Zucchini, nely grated (squeeze out excess water)



Preparation

1. Preheat oven to 385 degrees.
2. Beat the egg in a bowl.
3. Add Maple Oatmeal, baking powder, salt, Stevia, cinnamon, and zucchini.
4. Mix and gradually add water until you have a batter consistency.
5. Pour in muffin tin and bake for 20 minutes. Serve & Enjoy!
6. Phase Approved: Phases 1-3.

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