

RECIPE OF THE WEEK

Key Lime Tarts

Ingredients

- 4 + 1 packets of True Lime flavoring (approx. 1 level teaspoon)
- A little Splenda or Stevia to taste
- 1 packet of Ideal Protein Vanilla Pudding

- 1 packet of Ideal Protein Maple Oatmeal
- 1 egg white
- Mini-muffin baking tin
- Non-stick spray



Preparing the filling

1. Dissolve one teaspoon of True Lime flavoring in approx. 3 oz. of water.
2. Add a little Stevia or Splenda to taste. The taste should be sweet but tart.
3. Add the contents of one Ideal Protein Vanilla pudding and mix well until smooth. No lumps.
4. The consistency should be thicker than your normal pudding.
5. Cover and refrigerate.

Preparing the crust

1. Preheat the oven at 350° F
2. Mix 1 packet of Ideal Protein Maple Oatmeal with the egg white and 1-1 ½ oz (30-45 ml) of water, just enough for a stiff but manageable dough to form.
3. Lightly coat your muffin tins with non-stick spray.
4. Moisten your hands (if you don't, the 'dough' will stick to your fingers) and form little balls using approx. 2-3 teaspoons of dough.
5. Place one dough ball in each baking cup.
6. Press dough down as thinly as possible across the bottom and the sides forming a little 'cup' (the dough will "poof" a little during baking).
7. Bake for approx. 5 minutes or longer, if necessary.
8. For crispy tart shells, remove them from the muffin tin and place them upside down on top of the tin and bake for a few more minutes until golden brown.
9. If the cup cake shells are too thick, don't bother as they will be too hard.
10. Cool on a wire rack.
11. Take key lime filling out of the refrigerator and stir in the last packet of True Lime flavoring to give you an extra tangy flavor.
12. Enjoy through Ideal Protein phase 1 to 3.

