

RECIPE OF THE WEEK

Gourmet Sandwich Pockets

Ingredients

- 1 Ideal Protein Pancake Mix (any)
- 2 pinches of Ideal Protein salt
- 1/8 tsp dried basil
- 75 - 100 ml water

Dressing

- 1 tbsp olive oil
- 1 tbsp vinegar
- 1/2 tsp dried basil
- 1 clove of garlic



Preparation

1. Preheat the oven to 350°F
2. Mix all ingredients together
3. Make a semi-thick batter
4. Pour onto a non-stick pie plate
5. Cook around 20 minutes
6. Remove from the oven
7. Let completely cool (≈15 minutes)
8. Slice down the middle to make into halves
9. Open pockets just like a pita bread

Suggested filling:

- Shredded lettuce
- Diced tomatoes
- Cucumber
- Slivered green peppers etc.

