

RECIPE OF THE WEEK

Pie Crust

Ingredients

- 1 packet Ideal Protein
Maple Oatmeal
- 1 packet Ideal Protein
Pancake mix

- 1 egg white
- 3-5 tbsp. of cold Water



Preparation

1. Preheat oven to 350°F and spray an 8-inch pie plate with non-stick baking spray.
2. Take a small mixing bowl and combine Ideal Protein Oatmeal and Pancake Mix.
3. Add egg white and water and beat to create a thick paste.
4. Use a wet rubber spatula to spread the crust mixture to cover the inside of the pie plate.
5. Bake for about 10-15 minutes or until golden brown and crispy.
6. Cool and Fill with favorite Ideal Protein pudding mix and enjoy!

