

RECIPE OF THE WEEK

Chunky Apple Flavored Oatmeal Muffins

Ingredients

2 Ideal Protein Apple Oatmeal
Packets
1 tsp. baking powder
½ tsp. cinnamon
1 packet Stevia or whatever
sweetener you are using

⅓ cup egg whites (or 2 egg
whites)
2 tsp. Olive oil
3-4 tbsp. water
1 cup chayote squash chunks
– about the size of raisins



Preparation

1. In a small bowl, microwave chayote with 1 tbsp. water for about 2 minutes.
2. In another small bowl, stir together all the dry ingredients.
3. Add liquid ingredients.
4. Fold in the cooked chayote squash.
5. Divide the mixture into either a 6 cupped silicone muffin pan or a whoopie pan.
6. Sprinkle the tops with a little extra cinnamon.
7. Bake at 350°F for 10 minutes for whoopie pan or 12 minutes if using a muffin pan.
8. Three of these muffins count as 1 unrestricted Ideal Protein packet for Phase 1.
9. Serve and enjoy!

