

DARK CHOCOLATE AND ORANGE CUPCAKES

INGREDIENTS

- 1 Ideal Protein dark chocolate pudding mix (dry)
- 1 Ideal Protein Plain or Chocolate Chip Pancake Mix
- 2 tsp. baking powder
- 1/3 cup liquid egg whites
- 1 tbsp. skimmed milk
- 1 tsp. olive oil
- 2 tbsp. Walden Farms Maple Syrup
- 1 tbsp. water
- 1 Ideal Protein Orange Wafer

PREPARATION

1. Preheat oven to 350°F
2. In a medium bowl, mix together the dry ingredients.
3. Add in liquid ingredients and stir to mix.
4. Chop or crush the orange wafer bars in small chunks, fold into batter.
5. Coat muffin tins with cooking spray.
6. Spoon batter in to make 6 muffins.
7. Bake 12-13 minutes
8. Let cool off and serve.

