

CINNAMON MAPLE OATMEAL MUFFINS

INGREDIENTS

- 1 package Ideal Protein golden pancake
- 1 package Ideal Protein Maple Oatmeal
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- Pinch of salt
- 1 tsp. Splenda or Stevia
- 1 egg white
- 3-4 oz water

PREPARATION

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients together.
3. Combine wet ingredients and add to dry ingredients.
4. Mix until batter is smooth.
5. Fill 4 non-stick muffin tins approximately 2/3 full.
6. There should be enough batter for 4 muffins (2 Ideal Protein meals).
7. Bake for 15-20 minutes.
8. Serve warm with Walden Farms syrup!

