

# IDEAL PROTEIN ZUCCHINI APPLE CRISP

## INGREDIENTS

- 2 cups zucchini - sliced
- 2 packets Splenda
- 1 lemon - juiced
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 Walden Farms Pancake Syrup
- 1 Ideal Protein Apple Cinnamon Soy Puffs
- 1 "I Can't Believe It's Not Butter" spray



## PREPARATION

1. Peel zucchini and cut in half length-wise. Cut lengths into fairly thin apple-like slices.
2. In a large bowl, toss zucchini with Splenda, lemon juice, cinnamon, nutmeg and syrup. Be sure to coat all pieces.
3. Put zucchini back into a 9x9 baking dish. Crush the IP Soy Puffs in the bag.
4. Sprinkle over zucchini and top with "I Can't Believe It's Not Butter" spray.
5. Bake at 350°F for 40-45 minutes.
6. Take out of oven and let cool off. Enjoy!

