

IDEAL PROTEIN BIRTHDAY CAKE

INGREDIENTS

- 6 tbsp. Egg white
- 1 Ideal Protein Plain Pancake Mix
- 1 Ideal Protein Cappuccino Drink Mix
- 2 tbsp. Splenda or Stevia
- 1.5 tsp. baking powder
- 4 tsp. olive oil
- 1 tsp. Vanilla
- 2 tsp. Unsweetened baking cocoa powder
- 1 tbsp. Walden Farms Chocolate Syrup

PREPARATION

1. Preheat oven to 350°F. Spray two 4 inch round baking dishes with Pam Spray and set aside.
 2. Mix your IP Plain Pancake Mix, Cappuccino Drink Mix, splenda/stevia, unsweetened cocoa (if using) and baking powder in a bowl. Set aside.
 3. Take a medium sized bowl, whisk the egg whites until frothy.
 4. Add olive oil and whisk again.
 5. Add 1 tsp. of vanilla.
 6. Spoon in 1/3 of dry mixture and mix until all the dry mixture has been incorporated.
 7. Pour the batter onto sprayed dishes.
 8. Bake for 10-12 mins or until the top spring back. Do not over bake.
 9. Decorate with Walden farms Chocolate Syrup or Ideal Protein Frosting.
 10. Sprinkle over Walden Farms Caramel Syrup and/or crumbled IP Chocolate Soy Puffs.
- HBD!

