

IDEAL PROTEIN MUG CAKE MUFFINS

INGREDIENTS

- 4 packets of Ideal Protein Caramel Mug Cake
- 1 tsp. of baking powder
- 2 eggs
- 1 cup of water

PREPARATION

1. Pre-heat oven to 350°F.
2. Take a bowl and mix together the Caramel Mug Cake packets with the baking powder.
3. Stir in the eggs until mixed.
4. Add water and combine well to make batter.
5. Spray muffin pan with some nonstick spray.
6. Pour the batter into the muffin tray a little over half way to them to raise while they bake.
7. Bake for 12-15 minutes or until the muffins are golden brown.
8. Remove from oven and enjoy!

