

CINNAMON MINI MUFFINS

INGREDIENTS

- 1 Ideal Protein crispy cereal (crushed)
- ¼ tsp. cinnamon
- 1 tsp. vanilla
- 2 egg whites
- ¼ tsp. baking powder
- 1 tsp. Splenda



PREPARATION

1. Preheat oven to 350°F.
2. Beat the egg whites in a bowl.
3. Mix in the rest of the ingredients until it forms a batter.
4. Let sit for 2 minutes.
5. Bake for about 12-15 minutes.
6. Serve with Walden farms apple butter and enjoy!

