

PUDDING MUFFINS

INGREDIENTS

- 1 Egg
- 2 Egg Whites
- 2oz. Water
- Vanilla Extract - to taste
- Splenda - optional
- 1 packet of Ideal Protein Pudding Mix - desired flavor
- 1 tsp. Baking Powder



PREPARATION

1. In a bowl, whip water, Splenda, eggs, vanilla extract together until its fluffy.
2. Gradually pour in the IP Pudding Mix and mix together.
3. Pour the mix into greased muffin pans. Should make 6-12 depending on how fluffy they are.
4. Bake at 350°F for about 15 minutes.
5. Take out of the oven and let cool.
6. Serve and enjoy!

