

# CRANBERRY OATMEAL MUFFINS

## INGREDIENTS

- 1 package Ideal Protein Golden Pancake
- 1 package Ideal Protein Cranberry Oatmeal
- 1/4 tsp. baking soda
- 1/4 tsp. baking powder
- 1/4 tsp. cinnamon
- Pinch of salt
- 1 tsp. Splenda or Stevia
- 1 egg white
- 3-4 oz. water

## PREPARATION

1. Preheat oven to 350°F.
2. Mix dry ingredients together.
3. Combine the wet ingredients and add to dry ingredients.
4. Mix until batter is smooth.
5. Fill 4 non-stick muffin tins approximately 2/3 full.
6. There should be enough batter for 4 muffins (2 Ideal Protein meals).
7. Bake for 15-20 minutes.
8. Serve with Walden Farms syrup!

