

IDEAL PROTEIN PUDDING CAKES



SERVING SIZE

1



INGREDIENTS

ITEM	QUANTITY
Egg Whites	2
Vanilla Extract With No Corn or Sugar Syrup	1 Tsp.
Water	2 Oz.
Ideal Protein Pudding Packet	1



PREPARATION

- 👉 Preheat your oven to 350°F (180°C).
- 👉 In a bowl, combine the contents of the Ideal Protein Pudding Packet with the water. Stir well to create a smooth pudding mixture.
- 👉 In a separate clean, dry bowl, whisk the egg whites until they form stiff peaks.
- 👉 Gently fold the vanilla extract into the egg whites.
- 👉 Carefully fold the prepared pudding mixture into the egg-white mixture. Gently mix until well combined.
- 👉 Divide the mixture into one or more lightly greased ramekins or oven-safe dishes.
- 👉 Place the ramekins in the oven and bake for approximately 20-25 minutes or until the pudding cakes are set and the tops are lightly browned.
- 👉 Remove from the oven and allow to cool for a few minutes. Serve and Enjoy!