



Apple Cinnamon Oatmeal Muffins

Ingredients:

- 1 package Golden Pancake
- 1 package Apples and Cinnamon Oatmeal
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- Pinch of salt
- 1 tsp. Stevia
- 1 egg white
- 3 oz water
- 1 tsp. healthy oil (optional)

Directions:

1. Preheat oven to 350°F.
2. Mix dry ingredients together.
3. Combine wet ingredients and add to dry ingredients.
4. Mix until batter is smooth but do not overwork.
5. Fill non-stick muffin cups approximately 2/3 full. Bake for 17-20 minutes.
6. Enjoy!

Servings: Makes 2 servings

Each Serving = 1 protein product, 1 serving of healthy fat.

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