



Apple Sage Bread

Ingredients:

- 1 packet Apple Oatmeal
- 1 packet Golden Pancake
- 1 teaspoon Poultry seasoning **recipe below*
- 1 dash of granular garlic
- 1 dash of salt
- ¼ teaspoon baking powder
- 1 egg
- 2 ounces water
- 2 tsp grape seed oil (*you may use 4 tsp oil if splitting recipe in half for 2 separate days*)

Directions:

1. Preheat oven to 350°F
2. In a mixing bowl, combine 1 packet of Apple Oatmeal, 1 packet of Plain Pancake, 1 teaspoon Poultry Seasoning, dash of granulated garlic, dash of salt and ¼ teaspoon of baking powder. Mix thoroughly to combine.
3. In a separate mixing bowl, combine 1 egg, 2 ounces of water, and oil. Stir well to combine.
4. Lightly spray mini loaf pan to prevent sticking.
5. Combine wet and dry ingredients together until smooth.
6. Fill mini loaf pan. Bake for 25 minutes.
7. Cool and divide into 2 equal portions.

*Poultry Seasoning:

- 2 teaspoons sage
- 1 ½ teaspoon thyme
- 1 teaspoon marjoram
- ¾ teaspoon rosemary
- ½ teaspoon nutmeg
- ½ teaspoon black pepper

Directions:

1. Mix ingredients well. All spices are dried and ground. Store in an airtight container.

Servings: Makes 1 serving.

Each serving = 2 protein products, 1 oz. lean protein, 2 servings healthy fat.

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