



Chayote Choco Caramel Cookies

Ingredients:

- 1 egg
- 1 cup finely grated chayote
- 4 tbsp Walden Farms Caramel Sauce
- 2 packet Diet Right Chocolate Mug Cake
- 2 tsp grape seed oil
- 1 tsp baking powder
- 1 tsp cinnamon

Directions:

1. In a small bowl, combine $\frac{1}{2}$ beaten egg, Walden Farms Caramel Sauce, grape seed oil.
2. Add 1 package of Chocolate Mug Cake, baking powder and cinnamon, combine well.
3. Add $\frac{1}{2}$ cup finely grated chayote squash (squeeze out excess water before adding to batter).
4. Combine well and drop by teaspoons on a pan lined with parchment paper.
5. With back of spoon, spread into nice rounds.
6. Bake at 325°F for 18-25 minutes
7. Cool and enjoy!

Servings: makes 2 servings.

Each serving = $\frac{1}{2}$ oz. lean protein, $\frac{1}{2}$ cup select vegetables, 1 extra, 1 protein packet, 1 tsp healthy oil.

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