



Fluffy Rolls

Ingredients:

- 1 packet pancake
- 2 egg whites (from large eggs)
- ½ teaspoon baking powder
- 1/8 teaspoon baking soda
- “I Can’t Believe It’s Not Butter” or Olive Oil Spray

Directions:

1. Preheat oven to 400°F.
2. Beat egg whites until foamy but not stiff.
3. Add in pancake, baking powder and baking soda.
4. Mix well. Batter should be medium thickness.
5. Spray cupcake pan with olive oil or other 0/0/0 non-stick spray. Fill up each cupcake hole ½ to ¾ full.
6. Spray top of each muffin with “I Can’t Believe It’s Not Butter” spray
7. Bake for 7 minutes or until done
8. Enjoy!

Servings: makes 1 serving.

Each serving = 1 protein product, 2 oz. lean protein.

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