



## Peaches and Cream Oatmeal Muffins

### Ingredients:

- 5 packets Peaches and Cream Oatmeal
- 1 pack Vanilla Shake/Pudding
- 2 tsp. baking powder
- ¼ tsp. baking soda
- 1 tsp. vanilla extract
- 1.5 cups water
- ½ tsp. cinnamon
- ½ cup chayote squash

### Directions:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a bowl. Mix wet ingredients in a separate bowl. Add wet ingredients to dry and stir to combine. Let sit 5 minutes.
3. Prepare muffin pan by spraying with cooking spray or using paper muffin liners.
4. Fill muffin cups about ½ full.
5. Bake 18 – 21 minutes or until toothpick inserted in center of muffin comes out clean.
6. Allow to cool for 5 minutes and remove from pan.
7. Store uneaten muffins in refrigerator or freezer.

Servings: makes 6 servings.

Each serving = 1 protein product.

**716-320-1515**  
**DietMentor.com**  
**info@dietmentor.com**