



# Pumpkin Spice Donuts

## Ingredients:

- 1 packet Diet Right Pumpkin Spice Latte Drink Mix
- 3 eggs
- 1/4 tsp. baking powder
- 1/8 tsp. baking soda

## Directions:

1. Beat the eggs in a large bowl.
2. Add the rest of the ingredients and mix until completely blended.
3. Drop a teaspoon of margarine into a mini donut maker and cook according to instructions.
4. Enjoy! Optional: Dip with Walden Farms Maple Syrup

Servings: makes 1 serving.

Each serving = 1 protein product, 3 oz. lean protein, optional 1 extra.

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