

Yummy Recipes!

Oatmeal Biscuits:

- Use one packet of Maple Oatmeal and one packet of vanilla or butterscotch pudding
- Mix together with one egg white and then add about 1/4 cup water until it makes cookie dough consistency
- Bake little mini-muffins or cookies at 325 degrees for about 12 minutes
- When they come out warm, add some Walden Farms chocolate syrup or use a pudding as frosting to dip them in!

Bread/Pita:

- Use one packet of plain crepe mix
- add about 1-2 oz of water until it's a thick consistency of bread dough
- spread it out on a greased cookie sheet
- add your favorite seasonings (I love Mrs. Dash, no salt, original) and garlic and olive oil

Cook for about 15 minutes on 350 degrees (watch it closely) but it may take a little longer depending on how thick you made it.

You can even add some natural salsa too!

Mashed Potatoes:

- Get a bag of Steamers: Cauliflower with garlic
- Microwave according to the directions
- Put in a blender with a little water (about 1 to 2 oz) and then let it blend until it's like mashed potatoes

Egg Salad:

- Boil 5 Eggs, peel and cut in half, throw out the yoke
- Mix with spicy mustard, celery, green peppers
- add any spices to taste: sea salt, pepper, lemon
- You can eat it alone or on a bed of baby spinach. Delicious!

Add chicken or tuna and make it a protein-packed, healthy meal!

It can be unlimited without the meat!!!

Cucumber-Dill Salad:

- Slice up a cucumber, red-onion, celery
- Mix with a little olive oil, white wine vinegar, lemon
- Add garlic, a handful of cherry tomatoes and LOTS of dill!

It's UNLIMITED!!! Enjoy!