

pudding/Cereal Tips

Puddings are really good if you put them in the refrigerator about ½ hour before you eat them.

You can double the water and turn a pudding into a shake.

You can make a delicious, non-restricted waffle out of the pudding mixes:

1 Ideal Protein Pudding Pack (any flavor)	¼ cup egg whites
2 oz cold water	1 tsp. vanilla extract or a few drops Stevia
Pinch of baking powder	Pinch of nutmeg
Pinch of Sea Salt	1 Sweet Leaf (or Splenda) packet (optional)

Combine ingredients and shake well in shaker. Cook in a hot waffle iron sprayed with non-stick spray. Cook about 4 minutes or until golden brown. Top with ¼ cup Walden Farms syrup.

You can turn the Crispy Cereal into a non-restricted pancake:

1 pkg Ideal Protein Crispy Cereal	2 oz. cold water
1 raw egg white	Pinch of Cinnamon

With a rolling pin, crush the sealed package of Crispy Cereal. Put 2 oz. cold water in shaker, add Crispy Cereal, egg white, and cinnamon. Shake well. Heat a non-stick pan and use some no-fat cooking spray if needed. Cook your pancake and top with ¼ cup Walden Farms syrup.

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