

Turkey-Soy Mix Meatballs—Makes 4 servings Equals ½ IP & 4 ounces meat

3 cups sliced mushrooms
2 packets Ideal Protein Soy Patty Mix
¼ cup water
1 teaspoon sea salt
½ teaspoon ground pepper
1 teaspoon Worcestershire sauce
1 pound ground turkey (99% fat free)

- 1) Preheat oven to 450°
- 2) In food processor, pulse mushrooms until finely minced. Add soy patty mix, water, spices, and Worcestershire sauce. Pulse until fully incorporated.
- 3) Add turkey to soy patty mixture and pulse until well mixed (be careful not to over process or it will get very mushy).
- 4) Form mix into 32 meatballs (just under one ounce each), and place on cookie sheet covered with non-stick cover (I use a silpat sheet or Reynolds non-stick aluminum).
- 5) Bake 12 minutes and serve as desired

Wildberry Pancake

1 Ideal Protein Crispy Cereal (crushed)
1 Ideal Protein Wildberry Yogurt packet
1 beaten egg (or egg white)
Cold Water

Combine Ideal Protein packets, egg, and enough water to form a batter. Split the batter in half (to make 2 separate meals). You will need to add a little more water the next day if keeping the 2nd serving overnight in the refrigerator. Cook in pre-heated non-stick pan. You can also try this recipe using the Ideal Protein blueberry pudding to make blueberry pancakes (or any other flavor of Ideal Protein puddings).