



### **MINI CHOCOLATE CUPCAKES MAKES 6 CUPCAKES**

- 1 packet Ideal Protein chocolate chip pancake mix
- 2 ½ oz water
- Small pinch of sea salt
- Preheat oven to 350\*

Mix ingredients very well and divide between 3, olive oil sprayed mini muffin pans.  
Bake for 10-12 minutes or until toothpick inserted into center of muffin comes out clean. Let cool slightly.  
Remove from pan and split horizontally.

### **VANILLA FROSTING**

- 1 packet of Ideal Protein vanilla pudding
- ½ tsp almond extract
- Small pinch of sea salt
- 3 ½-4 oz water

Mix all ingredients together very well forming a smooth frosting. Frost cooled cupcakes and top with the stewed Rhubarb or with Walden Farm strawberry jam. ENJOY!!!



(The above cupcakes are made with vanilla pudding frosting and Walden Farms strawberry jam)



## Chocolate Crispy Puffs

### Mix Together

1 pkg Dark chocolate pudding  
1 pkg crispy cereal – crushed  
¼ t baking powder  
1/8 t nutmeg and cinnamon  
Dash of salt

### Mix to Fluffy

1 egg white  
¼ cup water  
¼ teaspoon cream of tarter  
¼ teaspoon canola oil

Add dry ingredients. Fold and mix. Add in a mini muffin tin sprayed with pam.  
Bake at 350\* for 13minutes.

Makes 12 puffs