

**SUPER OATS MUFFINS (Sole Source)**

Pre Heat Oven to 350

6 ROUNDED SCOOPS SUPER OATS

4 packets of Splenda or to taste.

1 HEAPING TEASPOON CINNAMON

1 ROUNDED TEASPOON BAKING POWDER

PINCH NUTMEG

1 TEASPOON VANILLA

1/4 CUP EGG BEATERS

3/4 CUP WATER

Mix together the first 5 ingredients.

Add next 3 ingredients and mix.

Fill 9 Pam Sprayed Regular Sized  
cupcake tins.

BAKE AT 350 FOR 20 MINUTES

or until toothpick comes out clean.

Don't over-bake or they will be too dry.

9 MUFFINS=510 calories

3 " =170 "

1 " =56 "

Use 3 muffins in place of your drink OR

use a 420 FFL 1 scoop drink or

1/2 scoop 330 drink and 1 & 1/2

muffins.

IF YOU ARE ADDING ADDITIONAL FOOD

to your weight loss program, you may want

to try some of the following suggestions.

You may add 1/2 cup unsweetened applesauce and 1/4 cup water

in place of the 3/4 cup water which adds 50 more calories.

You may add 1/2 cup peeled chopped apple which adds 40 more

calories. You may add 2 tablespoons brown sugar in place of

Splenda, which adds 96 more calories. OR You may add 1 medium peeled

chopped orange 70 calories and 1/2 cup frozen raw cranberries 25

calories and small piece of grated orange peel in place of the 3/4 cup

water.