

**CAMBRIDGE  
REGULAR PROGRAM (adding additional food to your Cambridge)**

**SUPER OATS  
BLUEBERRY APPLE MUFFIN SQUARES**

**6 Scoops Cambridge Super Oats=3 servings of Super Oats.**

**1 tsp. Baking Powder**

**¼ cup Egg Beaters**

**1 cup Applesauce**

**1 tsp. Vanilla Extract**

**4 packets of Splenda or to taste.**

**¼ cup sugar (you may use ½ cup sugar instead of Splenda, if you prefer, but it will add 30 more calories for each serving) If you use Splenda only and no sugar, you may deduct 30 calories per serving.**

**½ cup Blueberries (we use non-sugared frozen blueberries)**

**Mix ingredients in the order given, and place in an 8"x 10" pan sprayed lightly with PAM.**

**Bake in a preheated oven 350 Degrees for 35-40 minutes. Cool and cut into squares.**

**Makes 6 servings. Each serving = 140 calories & 1 scoop Cambridge.**

**For one of your 3 servings of Cambridge each day, you could use 1 serving of the muffin squares and a 1 scoop drink.**

**If you like, use as a dessert and top with Cool Whip.**