

Blueberry Muffins

Ginny (www.medifast-recipes.com)

5 packets Medifast Blueberry oatmeal
1 packet Medifast Pudding, flavor of your choice
3 packets Splenda
2 teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon white vinegar
6 ounces Davinci Sugar-Free Blueberry Syrup
6 ounces cold water

Preheat oven to 350°. Combine dry ingredients in a medium mixing bowl. Combine remaining ingredients in a small bowl. Slowly add the liquid mixture to the dry ingredients, stirring, until mixture is muffin batter consistency. Do not let batter get too thin. Let batter sit for about 5 minutes. Drop by tablespoon into 12 muffin cups which have been sprayed with nonstick cooking spray. Bake for 18 minutes or until inserted toothpick should come out clean. Remove immediately from pan.

Blueberry Pancakes

Ginny (www.medifast-recipes.com)

1 package of Medifast Eggs
8 ounces water
2 packages Blueberry Medifast Oatmeal
¼ tsp Baking Powder
1/8 tsp Vanilla

Mix eggs and water very well, with whisk or blender. Add baking powder and vanilla. Stir in Medifast oatmeal, one packet at a time. Make sure it is well mixed and that the oatmeal is evenly dispersed (otherwise you get flat pancakes)

Spray nonstick skillet with Pam. Cook like pancakes. Makes 6 fluffy pancakes – three servings. Left-overs can be reheated in the microwave for 15 seconds.

Top with some non-aerosol butter spray & DaVinci sugar free syrup or sugar free maple syrup.