

Maple Chai Muffins

Ginny (www.medifast-recipes.com)

1 package Medifast Maple Brown Sugar Oatmeal
1 package Medifast Chai
½ tsp pumpkin pie spice
1/3 cup Sugar Free DaVinci Pancake Syrup
2 egg Whites
¼ tsp vanilla
½ tsp baking soda
¼ tsp baking powder

Preheat oven to 350° Spray a muffin pan with butter flavored Pam and pour batter to make 4 muffins. Sprinkle cinnamon on top (optional) and bake for 12-15 minutes, or until a toothpick comes out clean.

2 muffins makes a meal.

Granola Crunch

Ginny (www.medifast-recipes.com)

1 packet of Medifast Oatmeal, any flavor
1 Splenda packet
1 pinch of baking powder
Spice of your choice – I like cinnamon, or apple pie spice.

Mix all ingredients in a bowl, and add just enough water to make a dough. You want it very thick and as dry as possible but so it still sticks together – crumbly!

Pinch the pieces of dough and drop on a baking pan sprayed with Pam.

Bake at 400 for approximately 8 min, and then turn granola. Bake a few minutes more until brown and crispy, watching closely to make sure it doesn't burn.

Works great as a take along snack!