

Oatmeal Bread

Ginny (www.medifast-recipes.com)

1 package Medifast Oatmeal (any flavor)
1 package Medifast eggs
½ tsp baking powder
1 Tbsp ground flax meal
1/8 tsp Splenda
¼ tsp lemon or vanilla extract
Spices to taste: pumpkin pie spice or apple pie spice
4 Tbsp water

Mix all ingredients, add water, and form into 2 circles on cookie sheet. Smooth the tops. Bake at 375 for approximately 10 minutes. If you wish for a browner top, you can then put under broiler for 1-2 minutes.

Makes 2 servings. Spread with some lowfat cream cheese or Laughing Cow light cheese. Count the topping as a condiment.

Blueberry Lemon Muffins

Ginny (www.medifast-recipes.com)

1 package Medifast Blueberry Oatmeal
1 package Medifast scrambled eggs
2 packages Medifast vanilla pudding
1 ½ cup water
2 packets of Splenda
½ tsp baking powder
pinch of salt
1 Tbsp grated lemon rind
1 Tbsp cinnamon

Whisk well and let sit for about 15 minutes. Whisk again and pour into 8 sprayed muffin tins. Bake in a 350° for about 40 minutes, or until toothpick comes out clean.

Makes 4 meals. Refrigerate or freeze unused portions.