

Medfast Waffles

These are great. Another fun way to enjoy your oatmeal and a simple breakfast option. I plugged in my waffle-maker and I liked the texture so much more than regular pancakes.

1 package of Medifast Eggs

4 oz water

1 package Medifast Oatmeal - any flavor

1/4 tsp Baking Powder

1/8 tsp Vanilla

Mix eggs and water very well, with whisk or blender. Add baking powder and vanilla. Stir in one pack of Medifast oatmeal. 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 or in waffle iron. Makes 4 fluffy pancakes - two servings. Second batch can be reheated in the microwave for 15 seconds. Top with some non-aerosol butter spray and/or a tad of DaVinci sugar free syrup.

Oatmeal Muffins

2 pkgs, medifast oatmeal

1 pkg medifast pudding

1 tsp. Baking Powder

1egg

1 T. olive oil

3/4 cup water

3 pkts artificial sweetener (or 1 T. sugar free maple syrup)

1 T. quick cooking oats

Mix with fork until moistened. Fill mini muffin tins $\frac{3}{4}$ full. Bake @ 350° for 15 to 18 minutes or till top springs back when touched lightly.

Makes 24 mini muffins.

5 mini muffins qualifies as 1 medifast meal.

Be creative and try different pudding and oatmeal combinations.

You can also add cinnamon, nutmeg, vanilla, chopped unsweetened frozen berries, etc. to enhance the flavors.