

## **Reece's Pudding**

Ginny ([www.medifast-recipes.com](http://www.medifast-recipes.com))

- 1 package chocolate Medifast pudding
- 1 TBSP of PB2 (lowfat powdered peanut butter)

Mix pudding according to directions, and add in PB2. If pudding is too thick to suit you, add an extra tablespoon of water. Mmmmm!

1 TBSP of PB2 counts as a snack.

## **Sweet Buns**

Ginny ([www.medifast-recipes.com](http://www.medifast-recipes.com))

- 1 package of Medifast Oatmeal, flavor of your choice (I like brown sugar oatmeal)
- 1 package Medist eggs
- ½ tsp baking powder
- 1 TBSP ground flax meal
- 1/8 tsp Splenda
- ¼ tsp vanilla extract
- 4 TBSP water
- Optional Spices (any combo): cinnamon, pumpkin pie spice, apple pie spice, nutmeg

Preheat oven to 350°. Mix all dry ingredients, add water and vanilla, and mix thoroughly. Form into 2 small bun shaped mounds on a cookie sheet. Smooth the tops and sprinkle with spice of your choice.

Bake for 10-11 minutes and then put under broiler for 1-2 minutes just to barely brown top. 1 "bun" is a meal. Refrigerate the second bun if not eaten on the same day.

Note: The flax meal counts as a condiment.