

Muffins - Kpfeffer

Author: kpfeffer

I have a muffin recipe that is amazing!

Ingredients

1 packet Medifast Scrambled Eggs
1 packet Medifast Pudding of Choice (Chocolate/Vanilla)
1 packet of Splenda
1 tsp Baking Powder
1-4 tbsp Water

Method

Pre-heat oven to 350 degrees.

Mix all dry ingredients. Add water slowly. You want the mix to have a batter texture like a cake.

I use a mini-muffin pan. Fill about half full.

Bake for 10-15min (until muffins don't move like jello...if you make the vanilla-they look golden brown-like a cake)

Turn oven off, and let stand in oven for 5min.

Take out let cool/enjoy while warm.