

IDEAL PROTEIN WAFFLE

Ingredients:

2 egg whites

Pinch of salt

Pinch of baking powder

Splash of vanilla extract

5 tablespoons of water

1 package of Ideal Protein banana pudding mix

Optional: Walden Farms syrup or fruit spread.

Directions:

Mix all ingredients in a bowl and pour on griddle or waffle iron. Spray surface with Pam with olive oil. Cook as a normal pancake or waffle

You may use Walden Farms syrup or Walden Farms raspberry spread to put on waffle.

IP PAN FRIED CHICKEN

Ingredients:

Package of Ideal Protein BBQ crisps or ridges

1 egg white

1 chicken breast

Directions:

Put egg white in pan and spread.

Crush ridges or crisps and put in separate pan with cumin or other spice of your choice.

Put chicken in the pan with egg white and cover chicken with egg. Once chicken is soaked with egg coat it with the crushed ridges. Cook in a grill pan to 160 degrees or to your liking.