

pudding cake

Ingredients:

2 oz water

2 egg white

1 tsp vanilla extract

1 IP vanilla pudding packet (or any ideal protein pudding packet)

In a blender, combine egg whites, vanilla extract, and water. Blend well. Pour liquid contents into a bowl, and gently fold in pudding packet by adding 1/3 of the packet in at a time, and stirring the contents in between. This should create a batter. Using a muffin tin, or 2 corning ware dishes, divide the batter into the cooking ware. Be sure to spray the cooking ware with non-stick spray before adding the batter. Bake at 350 degrees for 15-16 minutes. Let cool for 5-10 minutes.

NOTE: ONLY fill the baking dish (i.e. the muffin tin or corning ware) 1/2 way. Too much batter may cause the cake to explode in the oven.

Zucchini Apples

Ingredients

2 cups zucchini

2 Tbsp Walden Farms Apple Butter

1/2 tsp allspice

1 tsp. cinnamon

Peel zucchini and slice in rounds. Place in a medium sized bowl or ziplock bag. Add apple butter, allspice, and cinnamon to zucchini making sure the zucchini is evenly coated. Place zucchini on a baking sheet and place in oven at 350 degrees for 20-30 minutes. Make sure the zucchini is soft before removing from the oven.

Dreamsicle

Ingredients:

1 IP peach & mango

1 IP vanilla pudding

Water

Ice

Pour 16-20 oz (480 – 600 ml) of cold water in a blender. Add the contents of the two Ideal Protein packets, ice and blend until frothy and thick. Pour into popsicle molds and freeze. Makes a delicious summer treat!

Lemon Meringue

Ingredients:

1 pkg lemon sugar free jello

1 IP vanilla pudding

Mix one cup of boiling water for one package of Lemon Carb Free Jell-O. Mix one cup of cold water with the Ideal Protein Vanilla Pudding. Once pudding is mixed, add it to the hot Jell-O. Cover and refrigerate until set. It will make a large portion that can be eaten throughout the day. It is still only one protein packet! Enjoy!

Chocolate Pudding is great with cherry, strawberry, and raspberry! Butterscotch Pudding is great with Orange Carb Free Jell-O.

Chai-Tea Pudding

Ingredients:

IP vanilla pudding

Chai Tea (Herbal)

Spice up your vanilla pudding by brewing a strong cup (5 oz) of Chai tea, preferably decaffeinated. Then, let it chill. Mix the content of 1 Ideal Protein Vanilla pudding with the chilled Chai tea, instead of water. Shake vigorously in a sealed jar till bubbly. Enjoy!

Explore the endless possibilities of aromas: green tea, jasmine, rose tea, lemon, hibiscus flower, earl grey, orange flower, lemon grass, rosemary, etc.

Note: Be sure to drink 2 additional 8 oz glasses of water above & beyond half your body weight for every cup of tea or coffee.