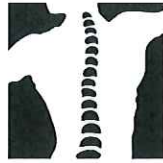


DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
DR. JEREMY M. GORDON

905 NORTH STONE STREET
DELAND, FL 32720



PHONE (386)734-9995
FAX (386)734-9949

Ideal protein weight loss

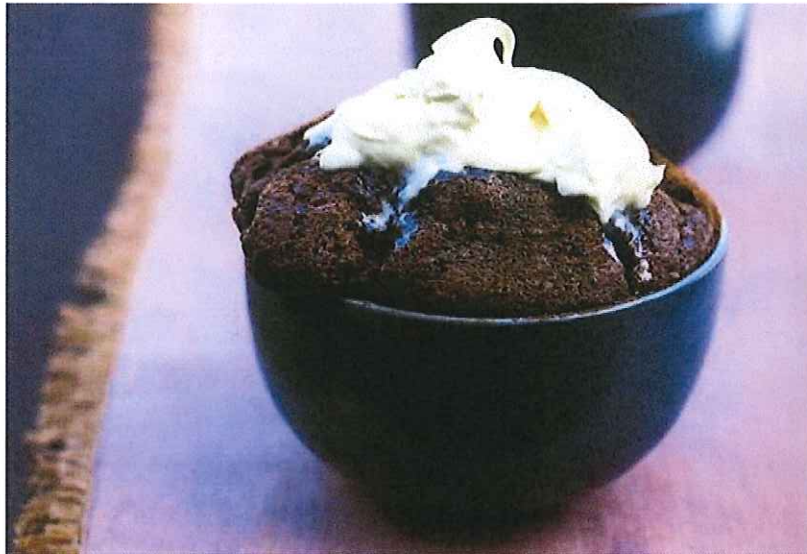
DRX Spinal Decompression

Chiropractic

Acupuncture

Soleve

IDEAL PROTEIN RECIPE OF THE WEEK:



Chocolate Pudding Puffs

1 Ideal Protein chocolate pudding mix

2 drops of vanilla or almond extract

2 oz of cold water

2 egg whites

1/2 teaspoon of baking powder

2 tablespoons of Walden Farms Chocolate Syrup

2 tablespoons Walden Farms Marshmallow Topping

Beat water, vanilla and egg whites in a mixer until a fluffy consistency appears (about 2 minutes) In a separate bowl, combine pudding mix and baking powder. Gently fold in the baking powder and pudding mix into first bowl. In a non-stick muffin tin, pour mixture into mini or regular muffin tin. Bake at 350 degrees for 18 minutes. Pour chocolate syrup and marshmallow on top and enjoy!