

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

IDEAL PROTEIN RECIPE OF THE WEEK: IP Non-Restricted Pancakes

Ingredients:

1 pkg IP Crispy Cereal, crunched up
2 egg whites or 1/4 cup liquid egg whites
1/4 tsp baking powder
1/4 tsp vanilla
Cinnamon & Nutmeg, to taste

Directions:

Mix together in small bowl the following; egg whites, 1/4 tsp vanilla
Add in to cereal pkg the following; 1/4 tsp baking powder, cinnamon & nutmeg
Pour dry mix in to egg white mixture and combine. Add enough water to desired consistency.
Cook in pan as you would pancakes.
Serve with Walden Farms Syrup, enjoy!

