

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

Ideal Protein Recipe of the week: Chocolate Scone

- 1 Packet of Ideal Protein Crispy Cereal (crushed)
- 1 Packet of Ideal Protein Chocolate Drink Mix (You can try the recipe with the Vanilla Drink Mix, and the Cappuccino Drink Mix)
- 2 Egg whites
- 1/2 cup water
- 1 teaspoon of baking powder
- 2 teaspoons of olive oil
- 1 teaspoon Torani Sugar Free Salted Caramel Syrup (made with Splenda). If you do not have this, use an extract you like with an optional packet of Splenda. Walden Farms also carries a Caramel syrup.
- Optional Cinnamon for top

Procedure:

Combine all ingredients in a bowl. Wait a few minutes for the baking powder to make batter thicker. Equally divide in 12 portions. I use a Wilton Whoopie Pie Pan, sprayed with Pam, which I purchased at Bed, Bath, and Beyond. Bake in a preheated 350 oven for 12 to 15 minutes. Remove from pan to cool and enjoy 6 cookies which equals one product. If you prefer, you can bake a cake from this batter as well--350 degrees for approximately 14 minutes. (Two Ideal Protein Servings)

