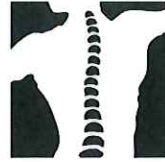


DELAND CHIROPRACTIC & SPINAL DECOMPRESSION DR. JEREMY M. GORDON

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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

Ideal Protein Strawberry Mini Muffins:

Try these yummy sugar free strawberry muffins using an Ideal Protein Pudding pack.

Ingredients:

- 2 egg whites
- 2 oz water
- several drops almond extract
- 2 packets of Splenda
- Ideal Protein Strawberry pudding mix

Directions:

- 1) Preheat your oven to 350 degrees
- 2) Grease a mini muffin tin or use liners
- 3) Whip the egg whites, Splenda and almond extract until fluffy
- 4) Gradually fold the pudding mix into the wet mix
- 5) Pour into mini muffin tin, filling 6 - 12 cups depending on how fluffy you mix them
- 6) Bake at 350 degrees for 15 -18 minutes

