

MORE MUFFIN RECIPES

Brownie Muffins(Jill's Yummy in your Tummy)

6 SCOOPS OATMEAL

3 SCOOPS CHOCOLATE CAMBRIDGE

3 SCOOPS (CAMBRIDGE SCOOP)COCOA

3 SCOOPS (CAMBRIDGE SCOOP) SPLENDA

1 TSP BAKING POWDER

2 EGG WHITES OR EQUIVALENT

3/4 CUP WATER - ADD A LITTLE AT A TIME - MIX SHOULD BE THICK LIKE BROWNIES

BLEND WITH ELECTRIC BEATERS

PUT IN MUFFIN TIN AND BAKE 22 MINUTES ON 350 MAKES 9 MUFFINS

CHECK WITH TOOTHPICK - SHOULD COME OUT CLEAN

TASTE LIKE BROWNIES YUMMY!!! ENJOY!!!

Pumpkin Muffins

2 scoops oats,

1/2 tsp. baking powder,

2 egg whites (or dried egg whites),

2 Tbs. unsweetened applesauce (or 1 to 2 tsp. of oil)

1 tsp. pumpkin pie spice

1 tsp. cinnamon

1 tsp. vanilla

1/4 cup Splenda

1/4 cup water (Maybe a bit more)

Just mix it all up and put them in the muffin tins.

Oven pre heated to 350 degrees for about 12-15 minutes.

Chocolate Muffins Amber

2 scoops of Super Oats (heaping)

1 teaspoon of baking powder

1 Tablespoon of cocoa powder (15 cal)

1/4 cup of Splenda

Stir together dry ingredients ADD

1 teaspoon Oil

1/2 cup water

1 egg white whipped (not necessary but adds to the volume)

Bake at 350 for 10-13 minutes.

I tested mine after 10 minutes (with a toothpick) and they needed another minute. So, check with your oven every minute or so after the first ten minutes.

Chicken McMuffins Amber

2 scoops of oat

1/4 scoop-1/2 scoop of Cambridge FFI Chicken

a dash of pepper

dried onion flakes or dried onion powder

1/2 cup of hot very low sodium chicken bullion broth

Mix all ingredients and put them in a sprayed mini muffin tin.

Preheat Oven at 350 degrees. Bake muffins for 13 minutes or more. they are very good alternative to the sweeter muffin mix.

Pizza Muffins Amber

2 scoops of Cambridge Oats

1 tsp baking powder

2 egg whites

1 tbs of dry paremesaen cheese(Fat Free)

dash of italian spice

1/4 scoop of Cambridge tomato or 1/2 scoop.

1/2 cup of water

you might want to add a spoonful of marinara sauce, whatever floats your boat this was an after thought though.

Mix , place in mini muffin tin. Bake at 350 in a preheated oven for 15 minutes.

Tell me how it tastes. I just made this recipe up out of thin air. I'm not responsible!!! lol Amber