

OPTAVIA Muffins

➡ 2 Muffins = 1 fueling, ½ Healthy Snack

Combine:

¾ C Water

¾ C Egg Beaters

Mix Together:

6 Packets Total - any combination of our fuelings:
Pancakes, Blueberry Muffins, Brownies, Hot Cereal, Cinnamon Swirl Cake, Sweet Potatoes, Pudding, Soft Serve, Shakes, etc!

1 tsp Baking Powder

1 tsp Baking Soda

¼ cup Almond Flour

Combine: Wet and Dry ingredients

- Spray muffin tin*
- Bake at 350° for 15-18 min
- Makes 12 muffins

These are great to
create additional
“on the go”
options!!

Preheat oven to 350°

Use any combination of fuelings that sound good to you!

Examples:

- 3 Cinnamon Swirl, 3 Indonesian Cinnamon Hot Cereal, 1 tsp cinnamon
- 3 brownies, 2 Blueberry Muffins, 1 Choc Pudding
- 3 brownies, 2 Pancakes, 1 Chocolate Mint Soft Serve,
- 3 Blueberry Muffins, 2 pancakes, 1 Yogurt Berry Blast Smoothie
- Use your imagination!!!

*If using a “bon Cook” muffin tray, you do not need to spray it. They will just pop right out!!

<https://juleea.boncook.com/>