

Pumpkin Pie Spiced Coffee

From Splenda.com

¾ cup brewed coffee
2 tablespoons skim milk
1/8 teaspoon pumpkin pie spice
1 packet Splenda®

Place all ingredients in cup and stir. Makes 1 serving.

Nutrition information per serving: 15 calories, 1 gram protein, 0 grams fat, 3 grams carbohydrate, 15 mg sodium.

Cranberry Orange Muffins

From Splenda.com

1 1/3 cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon baking soda
¼ cup butter
¼ cup Splenda®
¾ teaspoon orange zest
1 large egg
1/3 cup vanilla nonfat yogurt
½ cup fresh cranberries, chopped

Preheat oven to 375° F. Line 6 muffin cups with paper liners or spray with nonstick spray. Mix together flour, baking powder and baking soda. Set aside.

Beat butter with an electric mixer until creamy. Gradually add Splenda and orange zest beating until light and fluffy. Add egg and beat. Stir in vanilla yogurt. Gradually stir in flour mixture until just combined.

Fold in cranberries. Spoon batter evenly into muffin cups. Bake 15-20 minutes or until lightly browned. Remove from pan, cool on wire rack. Makes 6 servings.

Nutrition information per serving: 200 calories, 5 grams protein, 9 grams fat, 28 grams carbohydrate, 220 mg sodium.



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