



GINA'S HEALTHY COFFEE CAKE

INGREDIENTS:

1/4 c. non fat or low fat cottage cheese
1/2 c. oatmeal
1/4 c. Flax Crunch Cereal
1 scoop vanilla protein powder
2 egg whites
1 tsp baking powder
3 packets of Stevia
1 tsp cinnamon
1 tbsp Instant Coffee
1 100 calorie packet of Cocoa Roasted Almonds
PAM

DIRECTIONS:

- Pre heat oven to 350 degrees F.
- In bowl, add oatmeal with a touch of water and place in microwave for 1-2 minutes until hot.
- Place Flax Crunch Cereal in saute pan sprayed with Pam. Add Stevia and Cinnamon and allow to saute until browned. Turn off burner and allow to sit.
- Add Instant coffee to oatmeal and stir until completely mixed.
- Add cottage cheese, protein powder, egg whites, baking powder.
- Use chopping mechanism to chop almonds and add to oatmeal mixture.
- Spray loaf pan with Pam and pour oatmeal mixture into pan.
- Add Flax Crunch Cereal to top of batter.
- Place in oven for 12-17 minutes or until fully cooked. Allow to cool and enjoy!!!!