



Fluffy Rolls

Ingredients:

- 1 packet pancake
- 2 egg whites (from large eggs)
- ½ teaspoon baking powder
- 1/8 teaspoon baking soda
- “I Can’t Believe It’s Not Butter” spray or other approved spray

Directions:

1. Preheat oven to 400°F
2. Beat egg whites until foamy but not stiff
3. Add in pancake, baking powder and baking soda. Mix well. Batter should be medium thickness.
4. Spray cupcake pan with olive oil or other 0/0/0 non-stick spray. Fill up each cupcake hole ½ to ¾ full.
5. Spray
6. Spoon batter into each cupcake pan.
7. Spray top of each muffin with “I Can’t Believe It’s Not Butter” spray
8. Bake for 7 minutes or until done
9. Enjoy!