



Weight Loss Done Right!

Chicken Biscuits

Ingredients:

- 1 chicken soup mix (dry, any type)
- 1 Honey nut cereal mix (dry), crushed
- 2 tsp. baking powder
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- pinch of salt
- 1/3 C. liquid egg whites
- 1/4 C. (2 oz.) skim milk
- 2 tsp. olive oil
- Cooking spray

Instructions:

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl, mix together the dry ingredients with a whisk.
3. Add wet ingredients and stir to incorporate, just until mixed; over stirring batter will make the biscuits tough.
4. Scoop batter into regular sized muffin tin making 6 biscuits.
5. Bake 10-12 minutes or until inserted toothpick comes clean.

Servings:

6 biscuits = 2 protein products; 3 biscuits = 1 protein product

TIP: This entire recipe will take up your skim milk allowance for two days.