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Merry's Limecake

Ingredients

- 12 egg whites
- 1/2 cup of cream of rice
- 1/2 cup of Splenda
- 1 good sized lime

Directions

1. Combine all the ingredients together and whip together with a whisk, or a fork, either will do.
2. Cover and put in a high powered microwave for 3 minutes.
3. When you take it out loosen the edges with a knife, place a plate upside down on top of the bowl and flip it over.

Wild Berry Smoothies & Ice Cream

Ingredients

- Frozen berries (any kind)
- 3 scoops of protein powder

Directions

1. In a "FOOD PROCESSOR", not a blender I put the frozen berries.
2. Then I turn on the processor, adding just a little bit of juice or water.

Protein Pancakes

Ingredients

- 1 scoop Next Nutrition's Designer Whey
- Water

Directions

1. You just take your scoop or scoops of powder, and mix with a little water so it has pancake consistency.
2. Using a non-stick skillet, pour just like pancake mix.