

MAPLE CARAMEL RICE CAKES

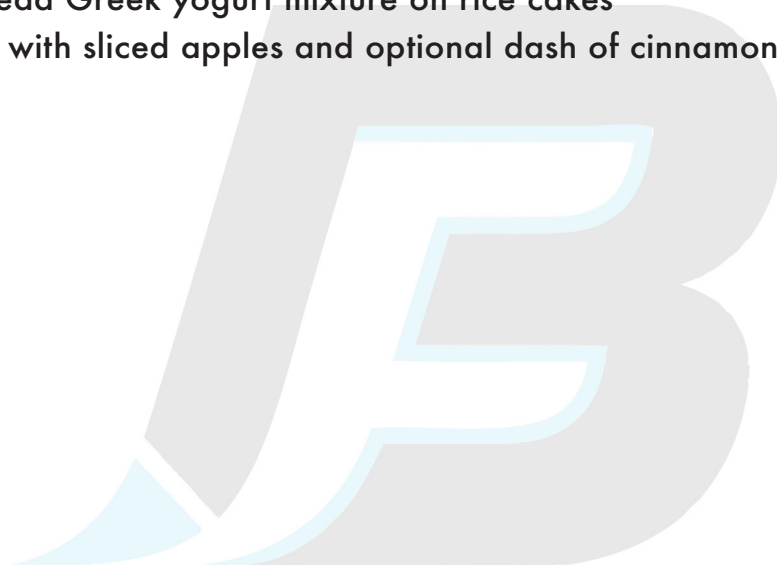


INGREDIENTS:

- 1/2 scoop Breakfast in Bed Glam Pro
- 2 caramel rice cakes
- 1/2 cup non fat Greek yogurt
- 1/2 small apple
- Optional: cinnamon

DIRECTIONS:

1. Mix Glam Pro and Greek yogurt
 2. Spread Greek yogurt mixture on rice cakes
 3. Top with sliced apples and optional dash of cinnamon
- Enjoy!



Makes 1 Servings | Serving Size = 2 Rice Cakes
Calories: 248 | Protein: 21 g | Carb: 38 g | Fat: 1 g | Fiber: 3 g