

Dressing recipe (Great for your turkey)

Make a muffin the Atkins way

- ½ cup flax seed meal
- ½ tsp baking powder
- ½ tsp poultry or sage seasoning
- 1 egg
- 1 tbsp bacon grease, lard or butter

mix dry ingredients

mix oil & egg together in a large cup

add dry ingredient

cook 1 minute in the microwave

cut in half and toast until brown (in toaster oven)

slice into appropriate size cubes - set aside

1 stalk of celery cut into small pieces

Onion to taste

Spices to taste

Saute this mixture

Combine both mixtures with broth to desired consistency.

Add 1 egg.

Microwave for 2 minutes.



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