

## Ingredients:

1 Packet of Ideal Protein  
Blueberry muffin mix  
1/2 tsp. Baking soda  
1/4 tsp. Baking powder  
1 Egg separated yolk from  
white  
1 oz. Milk or half-n-half  
2 tsp. Grapeseed oil  
2 Tbsp. Ideal Protein  
Maple Syrup

## Blueberry Upside Down Cake

### Directions:

1. Preheat oven to 350 degrees.
2. Sift blueberries out of muffin mix.
3. Add the sifted out blueberries and the maple syrup to a bowl and let soak for at least 30 minutes.
4. Add baking soda and baking powder to remaining muffin mix.
5. In a deep bowl, beat egg white until soft peaks form.
6. In a separate bowl, whisk egg yolk, oil, and milk together. Add muffin mix and blend until smooth.
8. Fold egg white into smooth batter.
9. Spray small baking dish with non-stick spray.
10. Place blueberries and syrup at the bottom of the pan.
11. Gently spoon batter over the top of the blueberries and bake for 25 minutes.
12. Cool for 15 minutes and then invert onto a plate and

