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5 Ingredient Cookbook Quick And Easy 5 Ingredient Recipes

Ingredients 1 egg or 2 large egg whites 1/3 cup quick-cooking oats 1/2 cup plus 2 tablespoons chipotle salsa, divided 2 tablespoons plus 2 tablespoons ketchup, divided 1 pound ground beef, extra lean Cooking spray Preparation 1. Preheat oven to 350°. 2.

5 Ingredients or Less Cookbook - University of Kentucky

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e the following ingredients per . one serving: 1/4 cup canned pumpkin (NOT canned pumpkin pie MIX) 1/3 cup nonfat milk 1 cup low-fat frozen vanilla yogurt 1/4 teaspoon pumpkin pie spice Directions: Add all ingredients to a blender. Cover and blend on high until smooth. If desired, garnish with a dash of pumpkin pie spice.

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