

PMS Gingerbread

Mix together to blend:

1/3 cup honey and 2/3 cup dark molasses, 3 eggs-well beaten, 1 cup sour milk, 12 lecithin (PC) caps

Mix dry ingredients together, and add to above:

3 cups whole wheat pastry flour, 1 Tbsp. wheat germ ,1 tsp. soda, 1/2 tsp salt and ginger, 1/4 cup soy/whey protein powder , 2 tsp. cinnamon.

Oil a cake pan. Bake at 350 degrees 35-45 mins.

Lecithin (PC): To soften capsules, add to small amount of water to cover and put in microwave for a couple minutes on medium heat. When ingredients will be heated together i.e. with the Rice Krispy treats and Gingerbread, leave capsules in mixture as they will dissolve.