

Recipes

Meal	Food	Servings	Calories per Servings	Total Calories for food	Total Water for Recipe	Cook Time and Temp	Calories Per serving
Chocolate PB Balls	Peanut Butter Powder	1	60	60	2/3 Cup	375 Degrees for 11-15 Mins	42.85714286
	Honey Wheat Bread	1	160	160			
	Maple Grove Oatmeal	2	230	460			
	Chocolate Pudding	1	220	220			

Chocolate Cake	Buttermilk Pancakes	8	160	1280	2 ½ Cups	350 Degrees for 25-40 Mins	158.3333333
	Peanut Butter Powder	3	60	180			
	Chocolate Pudding	2	220	440			