



BAKED CINNAMON DONUTS

🕒 Estimated Time: 15 minutes

Donuts

1 cup old-fashioned oats
3/4 cup sweetener that measures like sugar, divided
1/4 teaspoon baking powder
1/8 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 cup unsweetened applesauce

1/2 teaspoon maple extract
1/8 cup (1 ounce) unsweetened almond milk (or low-fat milk)
2 large egg whites

Optional Glaze

1/2 cup low-sugar maple syrup
2 tablespoons vanilla or plain protein powder

If you have ever been to a cider mill you probably have fond memories of a warm cinnamon and sugar donut. This version is just as mouthwatering. And they are actually healthy enough to eat for breakfast.

To make the donuts, preheat the oven to 350 degrees. Spray a donut pan with cooking spray. In a blender place the oats, 1/2 cup sweetener, baking powder, baking soda, salt, and cinnamon and blend until the oats are ground into a flour-like consistency. Pour the oat flour mixture into a medium bowl and stir in the applesauce, maple extract, almond milk, and egg whites. Stir to combine. Divide the mixture among 6 donut molds. Bake for 10 to 12 minutes, or until a toothpick inserted in the center of a donut comes out clean.

To make the optional glaze, mix the syrup and protein powder together in a small bowl until the powder is completely dissolved in the syrup. Drizzle over donuts if desired.

Yields 6 Donuts

Nutritional Information Per Donut: 65 calories; 1 gram fat; 11 grams carbohydrates; 2 grams fiber; 1 gram sugar; 3 grams protein



CHEESEBURGER LETTUCE WRAPS

🕒 Estimated Time: 25 minutes

These Cheeseburger Lettuce Wraps scream comfort food without the grease that comes along with the typical cheeseburger. The cheeseburger meat filling has the delicious combination of flavors from the sweet ketchup, salty mustard, and Cheddar cheese. This is a melt-in-your-mouth juicy burger that will make it hard to believe how light and fresh these lettuce wraps actually are. The best part about this recipe is that it is very kid friendly while being extremely healthy. This recipe is proof that healthy eating can be fun and delicious!

1 1/4 pounds extra-extra-lean ground turkey (or extra-lean ground beef)

1 medium white onion, diced

3 tablespoons low-sugar ketchup, plus more for wrap

2 tablespoons prepared mustard, plus more for wrap

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

3 tablespoons light mayonnaise (or plain nonfat Greek yogurt), optional

1 teaspoon sweetener that measures like sugar, optional

1/2 cup shredded reduced-fat Cheddar cheese, optional

1 head of lettuce

1 medium tomato, diced, optional

2 dill pickles, diced, optional

Cook ground turkey and diced onions in a large nonstick pan over medium-high heat. Stir and break up the turkey while it is cooking. When the turkey is almost cooked through, add the ketchup, mustard, seasoned salt, pepper, and garlic powder to the pan. Add the mayonnaise and sweetener if desired. (The mayo will add moisture to the meat.) Stir and continue to cook until the ground turkey is completely cooked, about 4 to 6 minutes. Remove the pan from the heat and sprinkle grated Cheddar cheese evenly over the meat while it is still warm if desired.

Cut off the stem (or base) of the lettuce head and cut in half lengthwise. Peel off individual leaves and wash and pat dry. Scoop 1/2 cup meat into each lettuce wrap and serve with tomatoes, pickles, ketchup, and mustard if desired.

Yields 6 Servings (1/2 cup filling for each lettuce wrap)

Nutritional Information Per Serving: 60 calories; 2 grams fat; 1.5 grams carbohydrates; 0.5 grams fiber; 0.5 grams sugar; 8 grams protein





NO NOODLE LASAGNA

🕒 Estimated Time: 1 hour 30 minutes

Noodles

6 large zucchini, cut lengthwise into 1/8-inch strips*

Pinch of salt

Pinch of black pepper

2 tablespoons Italian seasoning

1 tablespoon garlic powder

Pinch of salt

Pinch of black pepper

1 (25-ounce) jar spaghetti sauce**

Meat Sauce

1 1/4 pounds extra-lean ground turkey

1 large onion, diced

2 cups fresh or frozen chopped broccoli

2 cups fresh or frozen chopped cauliflower

2 cups fresh or frozen chopped spinach (if using frozen, thaw and squeeze dry)

Cheese Layer

1 (16-ounce) container low-fat cottage cheese or low-fat ricotta cheese

1/2 cup grated Parmesan cheese

Topping

3/4 cup shredded mozzarella cheese

I love the taste of lasagna, but the heavy amount of starchy carbs and greasy cheese often leave me with a sluggish feeling. I created this veggie-filled variation that has all the wonderful textures and flavors of traditional lasagna, without the heavy after-effects.

To make the noodles, preheat the oven to 425 degrees. Spray a rimmed baking sheet with cooking spray and arrange the zucchini slices on the sheet and season with salt and pepper. Bake for 5 minutes on each side. Set the zucchini slices aside and lower the oven temperature to 375 degrees.

To make the meat sauce: In a large nonstick skillet cook the ground turkey over medium-high heat until it is cooked through, breaking up the meat as it cooks, 5 to 7 minutes. Remove the meat from the pan and place in a large bowl. In the skillet place the onions, broccoli, cauliflower, spinach, Italian seasoning, garlic powder, salt, pepper, and spaghetti sauce and simmer for about 10 minutes or until the veggies begin to get tender or are thawed, stirring occasionally. Add the cooked vegetables to the bowl with the ground meat and stir to combine.

To make the cheese layer, mix the cottage cheese



DINNER

and Parmesan together (this can be done right in the cottage cheese container).

To assemble the dish, spray a 9 x 13-inch baking dish with cooking spray. Begin by spreading 1/2 of the meat sauce in the bottom of the prepared dish. Place a layer of zucchini slices on top of the meat, followed by a layer of cottage cheese mixture. Repeat this layering process twice, ending with the cottage cheese layer. Sprinkle the mozzarella evenly over the top. Cover with foil and bake for 1 hour. Remove the foil and bake or broil another 5 minutes until the cheese is browned. Remove the pan from the oven and let rest for about 10 minutes before slicing.

Yields 8 Servings

Nutritional Information Per Serving: 300 calories; 13 grams fat; 30 grams carbohydrates; 8 grams fiber; 13 grams sugar; 34 grams protein

* If you don't want to use zucchini for the noodles, you could use a large eggplant cut lengthwise into 1/8-inch strips, or 1 box no-boil lasagna noodles.

** I recommend Classico Tomato & Basil spaghetti sauce with 50 calories per 1/2 cup.





CHEESY BROCCOLI BITES

🕒 Estimated Time: 35 minutes

3 cups frozen broccoli florets, thawed, steamed, and blotted dry (or fresh broccoli, steamed)

2 tablespoons low-fat cottage cheese

1/4 cup grated Parmesan cheese

2 large egg whites

1/8 teaspoon salt

Pinch of black pepper, or to taste

1/2 teaspoon garlic powder

1/2 teaspoon dried minced onion

Pinch of sweetener that measures like sugar, optional

3/4 cup shredded mozzarella cheese for topping, optional

Preheat the oven to 450 degrees. Line a 12-cup muffin tin with silicone or foil muffin liners and spray with cooking spray. Chop the broccoli florets into small pieces (no bigger than the size of a marble). In a large bowl add the broccoli, cottage cheese, Parmesan, egg whites, salt, pepper, garlic powder, onion, and optional sweetener. Stir until everything is well combined.

Scoop 2 tablespoons of the broccoli mixture into each muffin cup. Lightly press the broccoli mixture down with your fingers. Sprinkle each bite with mozzarella if desired. Bake for 25 to 30 minutes or until lightly golden brown on top. Remove from the oven and enjoy warm!

Yields 12 Broccoli Bites

Nutritional Information Per Bite: 20 calories; 1 gram fat; 1 gram carbohydrates; 0.7 grams fiber; 0 grams sugar; 3 grams protein

These broccoli bites are salty, cheesy, and almost too good to be true! I can honestly say this is one of the tastiest ways I have created to eat your veggies. These broccoli bites make for a delicious protein- and veggie-packed side, snack, or light meal. Who knows, this may just be your new favorite way to get your vegetables as well.



SKINNY DESSERT PIZZA

 Estimated Time: 35 minutes

What could be better than pizza for dessert? This dessert pizza starts with a soft cookie crust that is topped with whipped cream cheese and finished off with a swirl of sweet summer berries. The berries can be swapped out with any fruit. This recipe is guaranteed to be a crowd pleaser at any gathering.

Crust

- 1/2 cup raw almonds
- 1 cup old-fashioned oats
- 1 cup sweetener that measures like sugar
- 1/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 large egg
- 2 large egg whites
- 1/2 cup plain nonfat Greek yogurt
- 1/2 cup unsweetened almond milk (or low-fat milk)
- 1/2 teaspoon almond extract (or vanilla extract)

Filling

- 1 (8-ounce) package fat-free (or low-fat) cream cheese, softened
- 1/2 cup sweetener that measures like sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon lemon juice
- 1/4 teaspoon almond extract (or additional vanilla extract)

Topping

- 1 cup halved strawberries
- 1/2 cup raspberries
- 1/2 cup blueberries

To make the crust, preheat the oven to 375 degrees. Spray an 8-inch springform pan with cooking spray. Place the almonds and oats in a blender and blend to a flour-like consistency. Add the sweetener, baking soda, baking powder, salt, egg, egg whites, yogurt, almond milk, and almond extract to the blender and blend until smooth. Pour the mixture into the springform pan and bake for 20 to 25 minutes or until the crust is lightly browned. Cool completely.

To make the filling, beat the cream cheese and sweetener in a medium bowl using a handheld electric mixer. Add the vanilla, lemon juice, and almond extract and lightly beat. Chill the filling in the refrigerator until the crust has cooled completely. Spread the cream cheese mixture over the cooled crust.

To serve, arrange the strawberries, raspberries, and blueberries over the top. Cut the pizza into 8 slices and enjoy!

Yields 8 Servings

Nutritional Information Per Serving: 102 calories; 5 grams fat; 7 grams carbohydrates; 2 grams fiber; 3 grams sugar; 8 grams protein



