

Dani's Dino Muffins



You need:

- 1 cup grated zucchini
- 1 egg, beaten
- 1/4 cup bread crumbs
- 1/4 cup grated cheese

Method: Squeeze water out of zucchini using clean dish towel. Combine all ingredients with fork. Place spoonfuls in greased mini muffin tins. Bake 400 degrees for 15 to 20 minutes until the top is golden brown and crispy.

Result: A tasty snack any time of the day!

Dani's french toast dippers



You need:

- 1 cup egg substitute
- 2 slices of whole wheat bread
- 1/4 cup of sugar free syrup
- Cooking spray

Method: Dip bread in egg substitute, coating thoroughly. Lightly coat pan with cooking spray and pan and cook until browned on both sides. Cut into small strips. Dip toast in syrup and enjoy!

Result: A healthy and tasty way to start the day!