

# White Pizza

## White Pizza

Makes 16 squares

Blue – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7 points;  
4 pieces – 9 points

Purple – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7  
points; 4 pieces – 9 points

Green – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7  
points; 4 pieces – 10 points

### Dough

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt

### Other Ingredients

- 1 Tbsp olive oil
- 1 Tbsp Or to taste, Italian Seasoning, divided
- 3 cloves garlic, minced
- 2 cups part skim, shredded mozzarella cheese

1. Preheat oven to 400.
2. In a large bowl, combine flour and yogurt. Mix well. Knead for 20-30 seconds.
3. Spray a 15×10 inch baking sheet with non stick spray. Roll out the dough evenly on the baking sheet. I use this dough roller <https://amzn.to/3c4njmL> (paid link)
4. Bake crust for 8-9 minutes. Remove from oven

## Assembly

1. While crust is par baking, mix garlic and olive oil together in a small bowl
  2. When crust is done par baking, brush garlic/olive oil mixture over the crust.
  3. Sprinkle 2/3 of the Italian seasoning over olive oil
  4. Top with 2 cups shredded mozzarella and any additional toppings and the last 1/3 of the Italian seasoning.
  5. Return to oven and bake 12-14 minutes longer – until cheese is melted
  6. Let stand 5 minutes so cheese can set.
  7. Cut into 16 servings.
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## Pizza

### Pizza

Makes 16 squares

Blue – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6 points; 4 pieces – 9 points

Purple – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6 points; 4 pieces – 9 points

Green – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7 points; 4 pieces – 9 points

## **Dough**

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt

## **Pizza Sauce**

- 15 ounce tomato sauce
- 2 tsp dried oregano
- 1 tsp dried thyme
- 2 tsp dried basil
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp sugar
- 1/4 tsp seasoned salt
- 1/8 tsp black pepper

## **Additional Ingredients**

- 2 cup part skim, shredded mozzarella cheese
- any additional toppings (be sure to count points if necessary!)

## **Crust**

1. Preheat oven to 400.
2. In a large bowl, combine flour and yogurt. Mix well. Knead for 20-30 seconds.
3. Spray a 15×10 inch baking sheet with non stick spray. Roll out the dough evenly on the baking sheet. I use this dough roller <https://amzn.to/3c4njmL> (paid link)
4. Bake crust for 8-9 minutes. Remove from oven

5. While crust is baking, make sauce.

## **Sauce**

1. Combine all sauce ingredients in a medium saucepan
2. Cook the sauce over medium-high heat until it boils
3. Reduce heat and simmer for 10 minutes.
4. It is ready to use. Can be frozen

## **Assembly**

1. Once the crust is out of the oven, spread desired amount of sauce over crust
2. Top with 2 cups shredded mozzarella and any additional toppings.
3. Return to oven and bake 12-14 minutes longer – until cheese is melted
4. Let stand 5 minutes so cheese can set.
5. Cut into 16 servings.

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# **Cinnamon Rolls**

# Cinnamon Rolls



Makes 8 mini rolls

Blue – 1 Point each

Purple – 1 Point each

Green – 1 Point each up to 4. 4 is 5 points

- 1/2 cup self rising flour
- 1/3 cup non fat, plain Greek yogurt
- Spray butter
- 2 Tbsp zero calorie sweetener (I use Lakanto Monkfruit)
- 1 Tbsp cinnamon
- 2 Tbsp whipped cream cheese
- 1/2 Tbsp zero calorie powdered sugar
- 1 Tbsp almond milk

1. Preheat oven to 350.
2. In a mixing bowl, mix flour and Greek yogurt until combined. Knead for 20-30 seconds
3. On a piece of parchment paper that has been sprayed with non stick spray, Roll out dough into a rectangle, about 10 inches long.
4. Spray dough generously with butter spray
5. In a small bowl, combine sugar and cinnamon. Sprinkle on dough, reserving about 2 tsp.
6. Roll up dough, starting on long side. Pinch to seal.
7. Cut dough into 8 pieces. You can cut more or less, just adjust the points.

8. Place cut side down on a baking sheet sprayed with non stick spray
  9. Bake for about 20-23 minutes, checking often for doneness.
  10. Meanwhile, mix cream cheese and powdered sugar. Add a tiny bit of milk a little at a time until desired consistency. Frost rolls.
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# Cake Batter Funfetti Mini Cakes

## Cake Batter Funfetti Mini Cakes



Thanks to Michelle Reynolds for the inspiration for these cupcakes!

Serves 32

Blue – 1 for 1 point, 2 for 1 point, 3 for 2 points, 4 for 3 points, 5 for 3 points

Purple – 1 for 1 point, 2 for 1 point, 3 for 2 points, 4 for 3 points, 5 for 3 points

Green – 1 for 1 point, 2 for 2 points, 3 for 2 points, 4 for 3 points, 5 for 4 points

- 8 oz sugar free yellow cake mix (1/2 box)
- 2 eggs
- 1 individual unsweetened applesauce (1/3 to 1/2 cup)
- 1/3 cup unsweetened almond milk
- 1 Tbsp cake batter extract
- 3 Tbsp rainbow jimmies (sprinkles), divided

1. Preheat oven to 325.
2. Spray a mini muffin pan with non stick spray
3. In a bowl, add all ingredients – but just 2 Tbsp of jimmies, reserve the other 1 Tbsp
4. Mix with an electric mixer for 2 minutes on medium
5. Fill muffin tins almost to top
6. Bake at 325 for 15 minutes. Cool for 5 minutes in pan. Remove to wire rack to finish cooling completely.
7. Can be frozen.

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## **Eggplant Charlotte**

# Egg Plant Charlotte



(adapted from Tastemade)

Serves 4

Blue – 3

Purple – 3

Green – 3

- 1-2 eggplants
- 2-3 Roma tomatoes
- 1 zucchini
- 1 yellow squash
- 1 Tbsp olive oil
- salt and pepper to taste
- 8 tsp goat cheese

1. Spray 4 – 8oz ramekins with non stick spray
2. Slice eggplant longways in 1/4 inch slices. You should have at least 12 slices, 16 would be better.
3. Slice tomatoes, zucchini and yellow squash.
4. Spray a large baking sheet with olive oil spray. Lay vegetables on sheet. Brush veggies with olive oil. Sprinkle with salt and pepper
5. Roast at 375 for 10 minutes.
6. Place 3-4 eggplant slices in ramekin, overlapping so you can fold up sides.
7. Place a teaspoon of goat cheese on top.



8. On top of eggplant, place 2 slices each of tomato, yellow squash and zucchini.
  9. Spread another teaspoon of goat cheese on the veggies.
  10. Top with 2 more slices of tomato, yellow squash and zucchini
  11. Fold in "flaps" of eggplant.
  12. Bake at 375 for 15-20 minutes. Let cool 5 minutes. Flip the ramekin over onto plate and let cool an additional 10 minutes so the layers set.
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# **Peach Cobbler French Toast Bake**

## **Peach Cobbler French Toast Bake**



Serves 6

Blue – 6 points

Purple – 6 points

Green – 9 points

- 12 slices 1 point bread such as 647 bread or Sara Lee Delightfuls
- 2 tsp cinnamon
- 8 eggs
- 2 cups 1% milk
- 1 tsp vanilla extract
- 1/2 cup zero calorie sugar replacement, divided
- 28 oz canned, in juiced peach slices, drained OR 3 cups or fresh or frozen peaches
- 1/4 cup light butter
- 1/2 cup flour

1. Cube bread and spread in a 9×13 baking dish that has been sprayed with non stick spray. Sprinkle cinnamon on top of bread
2. In a large mixing bowl, beat eggs, add in milk, vanilla and 1/4 sugar substitute, mix well.
3. Pour egg mixture over bread.
4. Place sliced peaches on top – arrange evenly.
5. In a small bowl, mix butter, flour and remaining 1/4 cup sugar substitute until it forms a soft, crumble. Sprinkle evenly over peaches.
6. Cover and refrigerate for a minimum of 1 hour. Can make ahead and refrigerate overnight.
7. When ready, preheat oven to 375 and bake for 35-40 minutes or until just starting to get golden brown and eggs are set. Check it at 20-25 minutes and if it is getting brown too quickly, cover and continue baking.
8. Removed from oven and let sit 5 minutes before cutting
9. Optional – mix some zero calorie confectioners sugar with a little milk and make a glaze for the top!

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# String Bean Soup

## String Bean Soup



Serves 8

Blue – 5 points

Purple – 4 points

Green – 5 points

- 2 1/2 pounds fresh string beans (green beans)
- 14 oz smoked turkey kielbasa
- 12 oz potatoes, peeled and cubed
- salt and pepper to taste
- 1 bay leaf
- 1 1/2 Tbsp white vinegar
- 5 slices center cut bacon
- 2 Tbsp all purpose flour
- 2 cups 1% milk

1. Clean and cook string beans, put in large soup pot and cover with water.
2. Add kielbasa, salt and pepper.
3. Cook for 30 minutes.

4. Add potatoes, bay leaf and vinegar. Let cook.
  5. Meanwhile, fry bacon crisp and remove from pan. Reserve 1 Tbsp of pan drippings
  6. Add flour to pan drippings and let brown.
  7. Add milk while constantly stirring.
  8. Add milk/flour mixture to the pot, let cook for 15 minutes more.
  9. Crumble bacon and add to soup. If soup is too thin, thicken with a flour/water or cornstarch/water mixture.
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## Shepherd's Pie

### Shepherd's Pie



Serves 4, 9 FSP per serving

- 1 1/2 lb potatoes (peeled, cubed and cooked)
- 1 Tbsp light butter
- 1/3 cup 1% milk
- 1 pound 96% lean ground beef
- 1 small onion (chopped)
- Salt and pepper to taste

- 2 cups Beef gravy
- 10 oz frozen peas and carrots, cooked

1. Mash potatoes with milk, butter and salt and pepper. Set aside.
2. Brown beef and onion in a skillet. Drain. Add gravy and veggies. Mix well.
3. Put meat mixture in an 8×8 or 9×9 inch pan.
4. Spread mashed potatoes evenly on top.
5. Bake at 350 for 25-30 minutes.

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# Bang Bang Chicken

## Bang Bang Chicken



Serves 6

Blue – 7

Purple – 7

Green – 11

- 1/4 cup Light mayonnaise
- 2 Tbsp Sriracha Hot Sauce
- 1 Tbsp Sugar
- 1 Tbsp Rice Vinegar
- 2 Eggs
- 1/2 tsp Kosher salt
- 1/4 tsp pepper
- 1 1/2 pounds Boneless, skinless chicken breasts, cut into bite sized pieces
- 1 cup All purpose flour
- 1 1/2 cups Panko bread crumbs
- 1 tsp onion powder
- 1 tsp garlic powder
- olive oil or canola oil spray

1. Mix together the mayo, Sriracha, sugar and vinegar in a small bowl.
2. Whisk the eggs, salt and pepper in a shallow bowl or shallow pie plate
3. Place the flour in another shallow bowl or pie plate.
4. Mix the breadcrumbs, onion powder and garlic powder together in a shallow bowl or pie plate
5. Preheat oven to 375 or air fryer to 360.
6. Coat the chicken with the flour, then dredge in the egg mixture, then into the Panko mixture and place in air fryer basket or on a baking sheet
7. Spray with olive oil or canola oil spray for 2 seconds.
8. Bake in the oven for 22-25 minutes or until golden brown, or air fry for 15-20 minutes until cooked through.
9. While still hot, toss with Sriracha mayo mixture

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# Oatmeal Honey Granola Bars

## Oatmeal Honey Granola Bars



Makes 12 bars

Blue – 4 points for 1

Purple – 2 points for 1

Green – 4 points for 1

- 2 cups quick cook oats
- 1 cup Rice Krispies Cereal
- 1 tsp cinnamon
- 1/4 cup light butter
- 1/4 cup zero calorie brown sugar substitute
- 1/4 cup good quality honey
- 1 tsp vanilla extract

1. Spray an 8×8 baking dish with a light coating of non stick spray and then line with parchment paper. Set aside
2. In a large bowl combine oats and cereal
3. In a small saucepan, combine butter, brown sugar and honey over med-high heat. Stir until butter and brown sugar are melted and all ingredients are well combined.

4. Bring to a boil. Reduce heat and let simmer for 2 minutes, whisking constantly.
5. Remove from heat and stir in vanilla.
6. Add honey mixture to oatmeal mixture and mix well. Make sure ALL the oats are coated, you can't have any dry spots or it will crumble!
7. Once mixed, put into 8×8 dish and press down with the back of a spoon or your hands. Press and press and press. Make sure it is as pressed and compacted as you can make it! When you think you pressed enough, press more!
8. Cover and refrigerate for at least an hour. Remove from fridge and remove from dish using the parchment paper as handles. Place on cutting board and cut in half and then cut each half in 6 pieces.
9. Store in refrigerator.