

Dani B's Clean Eats, Volume 1



Welcome to Volume 1 of Dani B's Clean Eats. This is the first of many cookbooks scheduled to release (Volume 2 is already in the works!). Let me start by saying that I have cravings just like anyone else. What I have a passion for, is making healthy and lower calorie versions of those yummy foods we all hate to love. Volume 1 is a hodgepodge of thirty two of my oldest but favorite recipes to date. I didn't want to only focus on breakfast, snacks, sides, main dishes, etc, I wanted to give you an assortment of recipes of each genre. I hope you enjoy these delicious recipes as much as I do!



"Anyone can workout for an hour, but to control what goes on your plate the other 23 hours... that's hard work." -Unknown

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- * BBQ Chicken
- * Cauliflower Fried Rice
- * Cauliflower Pizza Crust
- * Choco-Hazelnut Nanner Bundt Cake
- * Clean Chicken & Veggie Curry
- * Clean Toaster Pastry
- * Easy, Guilt-free Tostadas or Tortilla Chips
- * Faux Potato Shepherd's Pie
- * Fish Lettuce Tacos
- * Flourless Black Bean Brownie
- * Homemade Baked Sweet Potato Fries
- * Low Carb Jicama Fries
- * Low Carb Turkey Sandwich
- * Miracle Noodle Lo Mein
- * No-Nonsense Crab Cakes
- * Orange Cinnamon Cream Cheese
- * Orange Cranberry Sauce
- * Popeye's Protein Pancakes
- * Pumpkin Dip
- * Pumpkin Pie Oats
- * Pumpkin Protein Cookies
- * Sauteed Veggies
- * Skinny & Easy Strawberry Shortcake
- * So Simple Guacamole
- * Spicy Mango Taco Salad
- * Stuffed Peppers
- * Sugar Free Blueberry Cobbler Cauli-Oats
- * Sweet & Salty Angel Slaw
- * White Chicken Chili
- * Zero Carb Meatballs
- * Zucchini Chips