

Skinny Bun



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *84*

NET CARBS: *2g*

INGREDIENTS:

¼ cup Skinny Bread Mix
1 egg
Olive oil or butter spray

DIRECTIONS:

1. Preheat and lightly spray Dash Mini Griddle with olive oil or butter spray.
2. In a small bowl, combine the bread mix and egg. Stir until smooth.
3. Pour the batter into the hot griddle and cook until golden and fully set.

Skinny Bun (Bulk)

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

5 cups Skinny Bread Mix
5 cups egg whites
2½ cups plain nonfat Greek yogurt
HOH seasoning

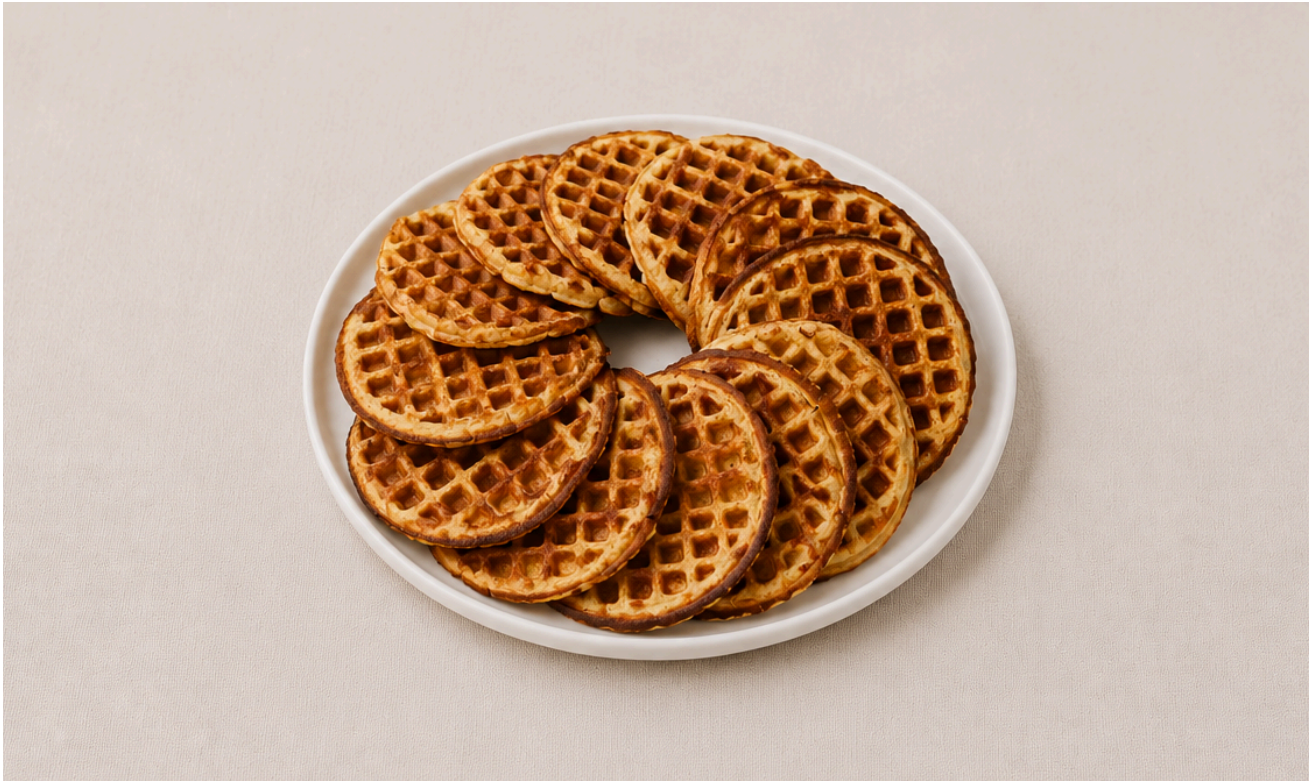
DIRECTIONS:

1. Preheat oven to 350°F.
2. In a large bowl, combine the bread mix, egg whites, and Greek yogurt. Blend or mix until smooth.
3. Lightly spray baking pans and evenly spread the batter into the prepared pans. Sprinkle HOH seasoning over the top.
4. Bake for 20 minutes, or until set and lightly golden.

Serving Options:

- Use the Dash Mini Griddle for burger buns
- Use the Dash No-Drip Waffle Maker for waffle buns
- Bake in pans for sandwich bread or flatbread

Skinny Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *84*

NET CARBS: *2g*

INGREDIENTS:

¼ cup Skinny Bread Mix

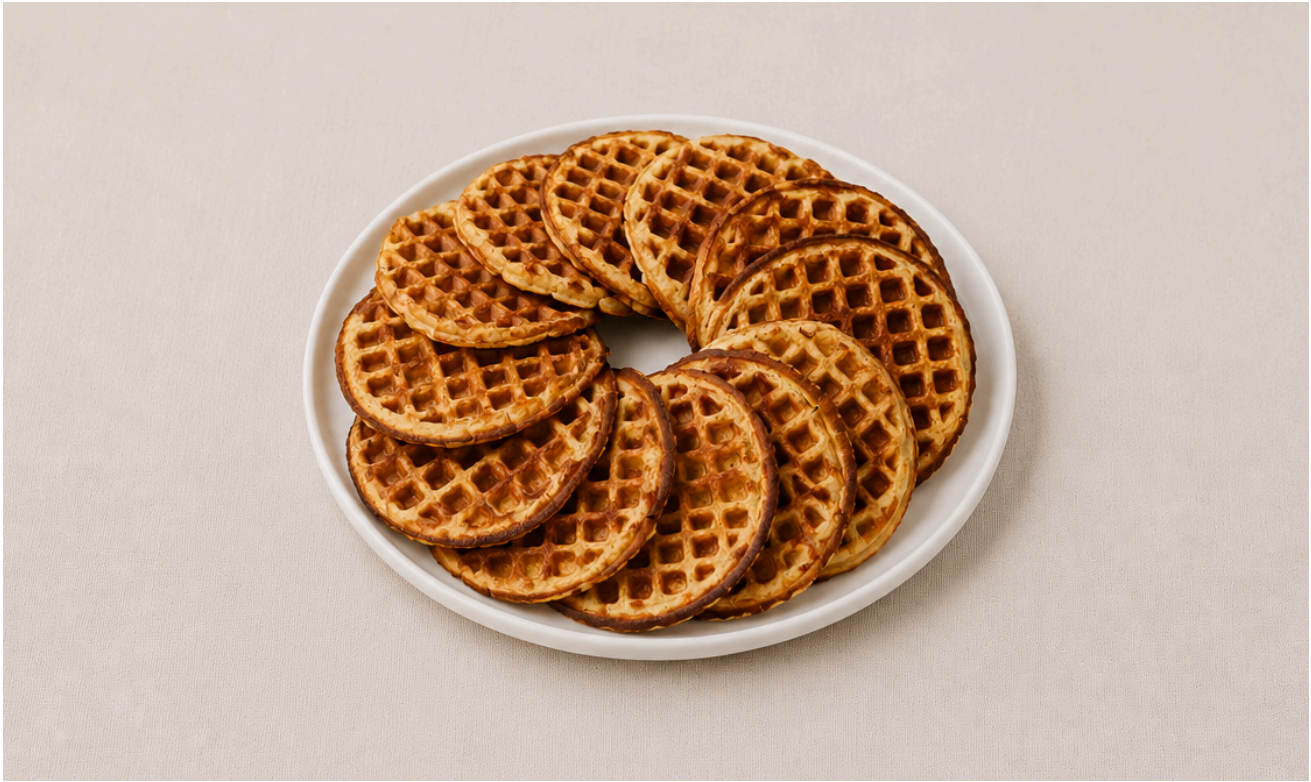
1 egg

Olive oil or butter spray

DIRECTIONS:

1. Preheat and lightly spray the waffle maker with olive oil or butter spray.
2. In a small bowl, combine the bread mix and egg. Stir until smooth.
3. Pour the batter into the hot waffle maker and cook until golden and fully set.

Market Style Waffles (Bulk)



SERVINGS: 12

COOK TIME: 12 *minutes*

CALORIES: 86

NET CARBS: 2g

INGREDIENTS:

2 cups Skinny Bread Mix
8 eggs
1 cup half & half
1 cup egg whites
2 cups water
Butter or olive oil spray

DIRECTIONS:

1. Preheat and lightly spray the waffle maker with butter or olive oil spray.
2. In a large bowl, combine bread mix, eggs, half & half, egg whites, and water. Mix thoroughly and let sit for a few minutes to thicken slightly.
3. Pour the batter into the hot waffle maker and cook until golden and fully set.

Protein Skinny Bread



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: 86

NET CARBS: *2g*

INGREDIENTS:

¼ cup Skinny Bread Mix
1 tablespoon oat fiber
¼ cup plain nonfat Greek yogurt
½ cup egg whites

DIRECTIONS:

1. In a microwave-safe bowl or mug, combine all ingredients and mix until smooth.
2. Microwave for 3 to 3½ minutes, or until fully set.
3. Let cool slightly before serving.

Skinny Bread



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *195*

NET CARBS: *3g*

INGREDIENTS:

¼ cup Skinny Bread Mix
1 egg

DIRECTIONS:

1. In a microwave-safe bowl or mug, combine bread mix and egg and mix until smooth.
2. Microwave for 1 minute, or until fully set.
3. Let cool slightly before serving.

Corn Bread



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *36*

NET CARBS: *1g*

INGREDIENTS:

¼ cup skinny bread mix
1 egg
1 Tbsp Sweetie
⅛ tsp cornbread flavoring

DIRECTIONS:

1. In a microwave-safe bowl or mug, combine all ingredients and mix until smooth.
2. Microwave for 90 seconds, or until set. Serve warm.

Cheese Bread



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: 86

NET CARBS: *2g*

INGREDIENTS:

¼ cup skinny bread mix
1 egg
Olive oil or butter spray
Mozzarella cheese
HOH seasoning
Garlic powder
Italian seasoning

DIRECTIONS:

1. Preheat and lightly spray the waffle maker with olive oil or butter spray.
2. In a small bowl, combine the bread mix and egg. Stir until smooth.
3. Pour the batter into the hot waffle maker and cook until golden and fully set.
4. Top the warm waffle with mozzarella cheese and broil or microwave for about 30 seconds, or until the cheese is melted.
5. Finish with HOH seasoning, garlic powder, and Italian seasoning. Serve warm.

Cheesy Breaksticks

**SERVINGS:** *Single***COOK TIME:** *1 minute***CALORIES:** 86**NET CARBS:** *2g***INGREDIENTS:**

¼ cup garlic bread mix
1 egg
3 mozzarella sticks
Butter (optional)
Shredded mozzarella cheese
(optional)
HOH seasoning (optional)
Garlic powder (optional)
Parmesan cheese (optional)

DIRECTIONS:

1. Preheat and lightly spray a corn dog maker with oil or cooking spray.
2. Slice the mozzarella sticks lengthwise to create 6 thin sticks.
3. In a small bowl, combine the bread mix and egg. Mix until smooth.
4. Pour a layer of batter into the corn dog maker. Place a mozzarella stick in the center of each section, then cover with additional batter as needed.
5. Optional: Top with butter, mozzarella cheese, HOH seasoning, garlic powder, and Parmesan cheese.
6. Cook for 90 seconds, or until golden and cooked through. Serve warm.

Bread Sticks



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: 86

NET CARBS: *2g*

INGREDIENTS:

¼ cup garlic bread mix
1 egg
3 mozzarella sticks

DIRECTIONS:

1. Preheat and lightly spray a corn dog maker with oil or cooking spray.
2. Slice the mozzarella sticks lengthwise to create 6 thin sticks.
3. In a small bowl, combine the Garlicaholic Bread Mix, egg whites, and Greek yogurt. Mix until smooth.
4. Pour a layer of batter into the corn dog maker. Place a mozzarella stick in the center of each section, then cover with additional batter as needed.
5. Cook for 90 seconds, or until golden and cooked through. Serve warm.

Pizza Sticks



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: 86

NET CARBS: *2g*

INGREDIENTS:

¼ cup garlic bread mix
1 egg
3 mozzarella sticks
Bacon bits
Turkey pepperoni
Pizza sauce (for dipping)

DIRECTIONS:

1. Preheat and lightly spray a corn dog maker with oil or cooking spray.
2. Slice the mozzarella sticks lengthwise to create 6 thin sticks.
3. In a small bowl, combine the bread mix and egg. Mix until smooth.
4. Pour a layer of batter into the corn dog maker. Place a mozzarella stick in the center of each section, then cover with additional batter as needed.
5. Top with bacon bits and turkey pepperoni.
6. Cook for 90 seconds, or until golden and cooked through.
7. Serve warm with pizza sauce for dipping.

Buscuits



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: 86

NET CARBS: *2g*

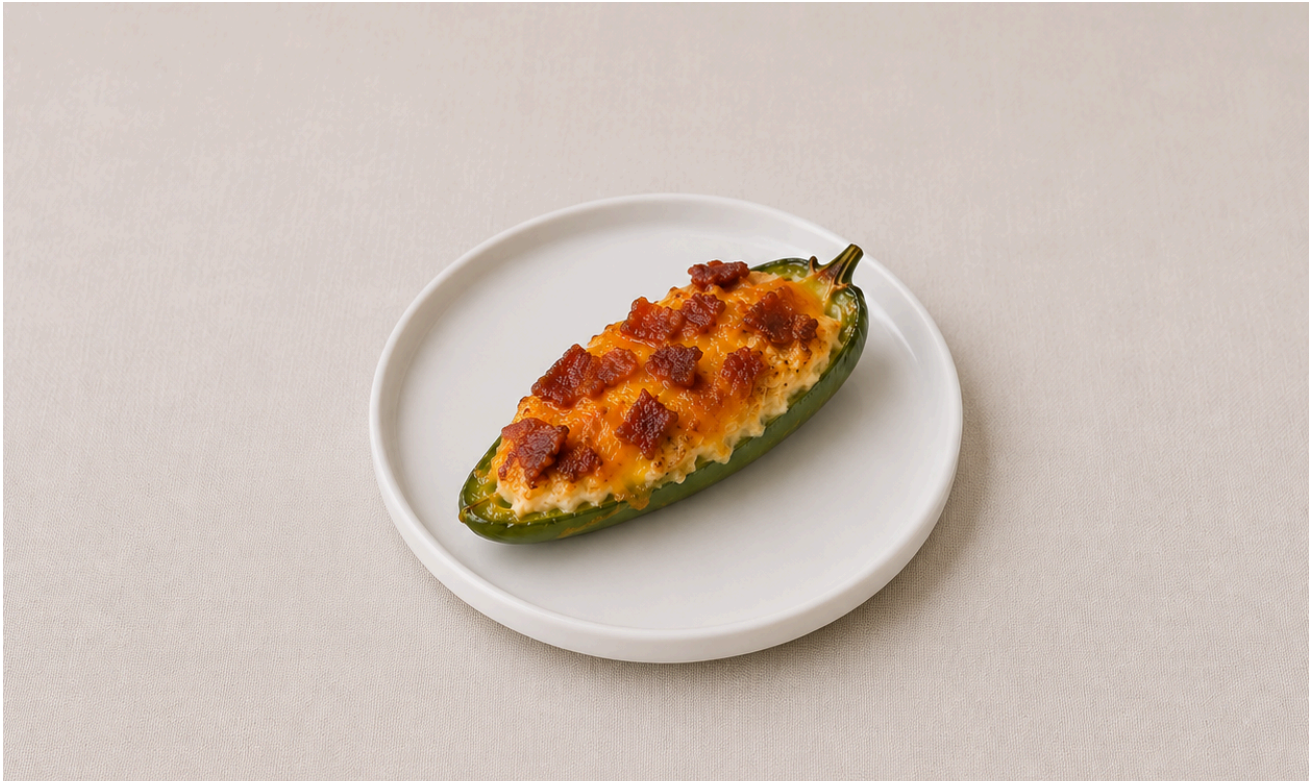
INGREDIENTS:

¼ cup Skinny Bread Mix
1 egg
2 tablespoons bacon bits
2 pre-cooked turkey sausage links,
chopped (or chopped pepperoni)
¼ cup shredded cheese
Garlic powder, to taste

DIRECTIONS:

1. In a microwave-safe bowl or mug, combine the bread mix and egg. Mix until smooth.
2. Add the bacon bits, chopped turkey sausage or pepperoni, and shredded cheese. Stir to combine.
3. Microwave for 2 minutes, or until set.
4. Top with additional cheese and garlic powder, if desired. Serve warm.

Jalapeño Poppers



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: 86

NET CARBS: *2g*

INGREDIENTS:

¼ cup garlic bread mix
1 egg
Philadelphia cream cheese
Bacon bits
Jalapeños, sliced

DIRECTIONS:

1. Preheat and lightly spray a corn dog maker with cooking spray.
2. Slice the cream cheese into long, thin strips.
3. In a small bowl, combine the bread mix and egg. Mix until smooth.
4. Spoon the batter into the corn dog maker. Press a strip of cream cheese into the center of each section.
5. Top with jalapeños and bacon bits.
6. Cook for 90 seconds, or until golden and cooked through. Serve warm.

Tortillas



SERVINGS: 3-4

COOK TIME: 1 minute

CALORIES: 36

NET CARBS: 1g

INGREDIENTS:

¼ cup Skinny Bread Mix
1 egg
2 tablespoons egg whites
¼ cup half-and-half

DIRECTIONS:

1. Preheat a tortilla maker or flat griddle.
2. In a small bowl, combine the bread mix, egg, egg whites, and half-and-half. Mix until smooth.
3. Pour small dollops of batter onto the tortilla maker and spread slightly if needed.
4. Cook until lightly golden and set.

Garlic Tortillas



SERVINGS: 3-4

COOK TIME: 1 minute

CALORIES: 36

NET CARBS: 1g

INGREDIENTS:

¼ cup garlic bread mix
1 egg
2 tablespoons egg whites
¼ cup half-and-half

DIRECTIONS:

1. Preheat a tortilla maker or flat griddle.
2. In a small bowl, combine the bread mix, egg, egg whites, and half-and-half. Mix until smooth.
3. Pour small dollops of batter onto the tortilla maker and spread slightly if needed.
4. Cook until lightly golden and set.

Tortilla Chips



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *36*

NET CARBS: *1g*

INGREDIENTS:

Pre-made tortillas
Butter or butter spray
Garlic powder (optional)
Salt (optional)
Everything seasoning (optional)
Dip or salsa (optional, for serving)

DIRECTIONS:

1. Preheat oven to 350°F.
2. Arrange the tortillas on a baking sheet and lightly spray or brush with butter.
3. Optional: Sprinkle with garlic powder, salt, and/or everything seasoning.
4. Bake for 10 minutes, or until crisp and lightly golden.
5. Allow to cool for about 10 minutes. Once cooled, break into pieces and serve with dip or salsa.