All recipes included are tried and tested by various people. Most recipes in this book can be tweaked easily to suit your personal choice. You can substitute or altogether remove any ingredients (of course except the main ingredient) that you don't have or not liked. Although all recipes as it is are tasted and found to please most people taste bud. What you are waiting for? Grab the Book Top 100 Kids Friendly Breakfast Recipes, and start making the food, which we are sure to give you instant gratification. Quick, Easy, and Healthy Recipes for Your Kids. By Amber King. Copyright Notice. Healthy Zucchini Bread with applesauce, whole wheat flour and low sugar and low fat. Super delicious, easy and moist recipe. There is no need to eat dessert for breakfast. I feel good feeding my family low sugar whole grain muffins and quick breads. And I am sure you can relate. Hope you are enjoying your summer! Ingredients You Will Need. Healthy zucchini bread ingredients are simple, wholesome and most likely in your pantry now: Zucchini – No need to peel or squeeze zucchini. Honey or maple syrup – Any liquid sweetener like agave or brown rice syrup will work. 35 Skinny Zucchini Recipes. posted July 10, 2014 by Gina. 634 shares. So now that we know zucchini is so good for you, here’s 35 mouthwatering Skinny Zucchini Recipes just for you! 1. Grilled Chicken and Zucchini Skewers are perfect as an appetizer if you’re having a backyard bash this summer, or you can turn it into a meal any night of the week served with rice, salad or more vegetables! 2. Sauteed Baby Zucchini â€“ a simple side dish ready in under 6 minutes and great with just about everything! Â But not with these kid-friendly Zucchini Tots. They make a great side dish for breakfast or dinner! 6. When making these Raw Zucchini Carpaccio, you’ll want to use a mandolin or potato peeler to thinly slice the zucchini! Healthy Zucchini Recipes â€“ Main Dishes. Penne with Chicken Sausage and Zucchini â€“ (Weight Watchers PointsPlus: *9 | WW Freestyle SmartPoints: *8) A simple rustic Italian pasta dish, satisfying and delicious. A definite do-over. Mom’s Lighter Coconut Zucchini Bread (Weight Watchers PointsPlus: *5 | WW Freestyle SmartPoints: *7) This is definitely one of the lightest, tastiest zucchini breads I think I’ve ever had. She cut back a little on the sugar so it’s not too sweet. And it called for nuts but she substituted coconut instead. Healthy Zucchini Recipes. Skinny Zucchini Apple Loaf Cake (Weight Watchers PointsPlus: *4 | WW Freestyle SmartPoints: *5) A super moist, sweet, and spicy zucchini loaf cake made with applesauce and a touch of whole wheat flour for nuttiness.