



4 Veggie-Packed Treats + Bonus Recipe!



★ SPONSOR SPECIAL ★

Today's delicious finds are brought to you by [Garden Lites!](#)

Shocker: Only 1 in 10 Americans eats the recommended amount of veggies. [Garden Lites](#) is here to save the day! Vegetables are the main ingredient in [every Garden Lites product](#), whether hidden (like zucchini and carrots in the decadent Muffins) or highlighted (like kale and cauliflower in the savory Superfood Veggie Cakes!)

What else can you expect from Garden Lites?
Each product is...

- * Gluten-Free
- * Non-GMO
- * Clean & Simple

That rocks! Here at Hungryland, we LOVE Garden Lites products, and we know you will too. Here are four of our favorites and why we love 'em. (Pssst... Don't miss the coupon below!)



Garden Lites Blueberry Oat Muffins

1 muffin: 120 calories, 2g total fat (0g sat fat), 180mg sodium, 25g carbs, 3g fiber, 11g sugars, 3g protein -- **SmartPoints®** value 5*

Fast and easy breakfast perfection! [These yummy muffins](#) are dairy-free and nut-free, and veggies are the first ingredient (though you'd never guess from their fruity flavor). Just pop one in the microwave for around 30 seconds, and enjoy freshly baked taste without any baking. Keep 'em in your freezer, and never again worry what to do for a healthy morning meal. Have a little extra time in the a.m.? Whip up this [Blueberry Oat Breakfast Parfait!](#)

Garden Lites Superfood Veggie Cakes

1 cake: 90 - 100 calories, 5 - 6g total fat (1g sat fat), 250 - 330mg sodium, 10g carbs, 1g fiber, 2 - 3g sugars, 3g protein -- **SmartPoints®** value 3*

[These savory veggie-packed cakes](#) taste so good you almost won't believe each one has 100 calories or less! And they're packed with nutrient-rich superfoods like kale and cauliflower. Perfect for a quick, convenient, and healthy side dish. Nuke in the microwave or toast in a toaster oven and serve alongside your favorite lunch or dinner. (We LOVE one with a bowl of HG-style chili.)



Pop-Up Recipe! Bestest Breakfast Sandwich

Entire recipe: 161 calories, 5.5g total fat (1g sat fat), 656mg sodium, 11.5g carbs, 1g fiber, 3g sugars, 16g protein -- **SmartPoints®** value 4*

Heat a [Superfood Veggie Cake](#); slice it in half like a sandwich bun, and lightly toast. Grab a microwave-safe mug with a bottom about the size of the veggie cake. Spray with nonstick spray, and add 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute, plus a dash each salt and pepper. Microwave for 1 minute, gently stir, and microwave for another minute. Stack the egg patty and a tomato slice over the bottom "bun" half, and top with the other half. Yum!

Garden Lites Chocolate Muffins

1 muffin: 120 calories, 4g total fat (2g sat fat), 230mg sodium, 21g carbs, 3g fiber, 11g sugars, 4g protein -- **SmartPoints®** value 5*

Calling all choco-holics! You'll never believe the first two ingredients in [these muffins](#) are zucchini and carrots. But they are! These are super moist and tasty, not to mention free of dairy and nuts. Heat one up in the microwave, and it's like a little lava cake for one! Or make a DIY whoopie pie by slicing one in half and filling it with natural light whipped topping. Mmmmm...



Garden Lites Banana Chocolate Chip Muffins

1 muffin: 120 calories, 3g total fat (1g sat fat), 170mg sodium, 23g carbs, 3g fiber, 11g sugars, 3g protein -- **SmartPoints®** value 5*

The first ingredient in [these whole-grain muffins](#) is zucchini, but all you'll taste is sweet, satisfying deliciousness! We still can't get over the fact that each one has only 120 calories. Bonus: They're dairy-free and nut-free. Such a great grab-n-go snack or star of a healthy breakfast! For something even more decadent, top it with a mixture of reduced-fat cream cheese and fat-free vanilla yogurt... It's like a frosted cupcake!

Find Garden Lites, Stock Up & Save!

Ready to start whipping up delicious veggie-packed meals 'n snacks? GOOD. [Click here for a store locator](#); Garden Lites products will be in the freezer section! Then [click to download a coupon](#) for your next purchase. (Just sign up to unlock your coupon. You may also receive special offers, news, and more via email; unsubscribe at anytime.) Bring on the yum!



Chew on this:

Today, August 30th, is National Toasted Marshmallow Day. Oooh, how about a [Garden Lites Chocolate Muffin](#) topped with a melty marshmallow? Mmmmm!



Don't hog all the deliciousness... Click "Send to a Friend" now!

SEND TO A FRIEND ▶

Have a Question for Hungry Girl?

[Send it in!](#) She answers new Qs each week (but cannot respond to emails personally).



LIKE HG

FOLLOW HG

FOLLOW HG

FOLLOW HG

SUBSCRIBE

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The PointsPlus® and SmartPoints® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the PointsPlus® registered trademark and SmartPoints® trademark.

SmartPoints® value not what you expected? [Click here](#) for more info on how the values are calculated, plus more FAQs about **PointsPlus®** and **SmartPoints®** values on our website.



Hungry Girl Inc. 18034 Ventura Blvd. #503, Encino, CA 91316