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Super-Quick Muffin Tin Meals: 70 Recipes For Perfectly Portioned Comfort Food In A Cup



Synopsis

Discover 70 healthy and delicious recipes for your muffin tin! Breakfast in the car? Party without plates? Perfectly sized portions without cutting or scooping? It's a snap with snacks and meals made in a muffin tin. Super-Quick Muffin Tin Meals are the new way to eat comfort food without the calories. Easy-to-make, one-dish cups mean you can make perfectly proportioned meals for breakfast, lunch, dinner, and snacks...for the whole family! And you can enjoy your favorite comfort foods in guilt-free, smaller helpings. Melanie LaDue dishes up 70 recipes that are no-fuss and delicious and that get more than muffins from a muffin tin. A few quick tricks and easy preparation turn classic flavors into standout dishes that make eating and cleanup a treat. Start your day with Pancake Bites, serve an after-nap treat of S'mores Bites, or create party Caprese Bites that will make you feel like a superstar. Kids love eating cupcakes for dinner, and now they can with 70 great recipes complete with nutritional information. Super-Quick Muffin Tin Meals are perfect for: Breakfast - Grab and Go Main Dishes - Savory and Simple Cooking With Kids - Fun for the Whole Family Skinny Muffins: Under 200 calories - Protein-Packed Meals without the Guilt Parties & Entertaining - Finger Food with a Flair Sweet Tooth - As If Dessert Could Get Any More Fun Holidays - Special Food for Special Memories

Book Information

Flexibound: 160 pages

Publisher: Race Point Publishing (October 23, 2015)

Language: English

ISBN-10: 1631061593

ISBN-13: 978-1631061592

Product Dimensions: 7.9 x 0.6 x 8.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (18 customer reviews)

Best Sellers Rank: #162,816 in Books (See Top 100 in Books) #75 in Â Books > Cookbooks, Food & Wine > Baking > Biscuits, Muffins & Scones #476 in Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #658 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

I have made four recipes so far from this fun cookbook. There are a lot of great things about it. The food is good, portable and easily made. It's great to have recipes that make small portions and

donâ™t take all afternoon to make. Also, the recipes are really versatile. I keep thinking how handy it would be to adapt other recipes to muffin tin preparation, or to add leftovers from the fridge to some of these. My favorites so far are the Pesto Egg Mini Quiches. I was going to try freezing them but they disappeared too quickly.

I'm doing an Easter weight loss challenge and so portioning is key for me right now. These muffin tin recipes are awesome because I can make all sorts of things that are typically out of reach on a "diet" . . . like the chicken pot pies, for instance. That's one of my favorites!! haven't tried the desserts yet but based on what I've tried so far I have no doubt they'll be delicious. I also love the healthy section . . . they are perfect for my challenge. Love this book!

I couldn't wait to read every single recipe in this book, and then started marking pages of the ones I wanted to try first. They all looked so good! Bbq chicken bites, cheesy chicken broccoli rice bites, and chicken burrito bites - all yummy. Being a dessert person, I can't wait to try to chocolate pudding pie cups and the chocolate chip cookie ice cream bites....mmmm! These are great to serve at parties or potlucks where people can just have the individual size portions. Looking forward to making my way through this wonderful book :)

It has been a pleasure to leaf through this nice book. I shall enjoy using it for my ladies luncheons and meetings. Individual servings are just right to serve . The paper back quality is just right for in my cook book shelf.

I am the busy working mom of two boys. These meals are easy, delicious and super fun! Plus, they are great for packing lunches, too. We love the Twice Baked Potato Cups and the Puffy Pancakes are next on our list!

As the mother of toddlers, I love the muffin tin meals concept. I have made several of these recipes and love that they are easy to make, easy to clean up, and-- best of all-- easy to transport when we are heading out the door to various activities and commitments. Just pop them out of the tin, drop them in a baggy, and we have a delicious lunch/dinner/snack on-the-go!

Loved that almost every recipe had a picture and they are fairly easy and quick to make. Most recipes however, use pre packaged and/processed foods and some "recipes" are so simple I'm not

sure they should even be included, like a scoop of ice cream in a cupcake liner with topping?! Not sure I would have purchased if I had a chance to flip through the recipes for the price!

As a busy mom, I love that every recipe in this book is simple to prepare with ingredients I already have on hand. I know my family, even my picky kiddos, will enjoy every recipe within.

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