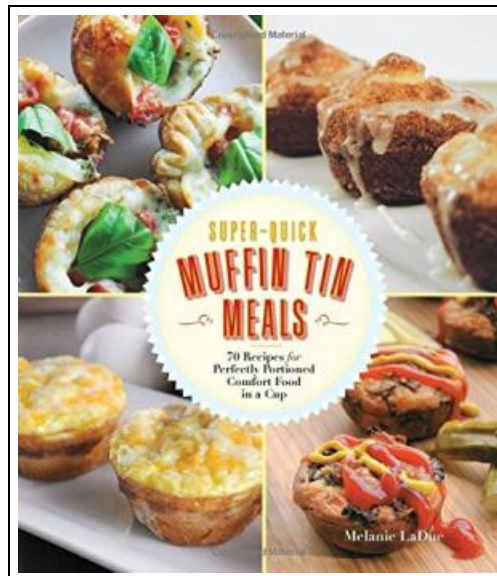


Super-Quick Muffin Tin Meals: 70 Recipes for Perfectly Portioned Comfort Food in a Cup



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Reviews

Absolutely essential study publication. It usually fails to expense an excessive amount of. Your lifestyle period will probably be transform when you full looking at this publication.

(Ms. Allene Conroy)

SUPER-QUICK MUFFIN TIN MEALS: 70 RECIPES FOR PERFECTLY PORTIONED COMFORT FOOD IN A CUP



Rock Point. Paperback. Book Condition: new. BRAND NEW, Super-Quick Muffin Tin Meals: 70 Recipes for Perfectly Portioned Comfort Food in a Cup, Melanie LaDue, Discover 100 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. Muffin Tin Meals in Minutes 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 100 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 100 great recipes complete with nutritional information. Muffin Tin Meals in Minutes 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.



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