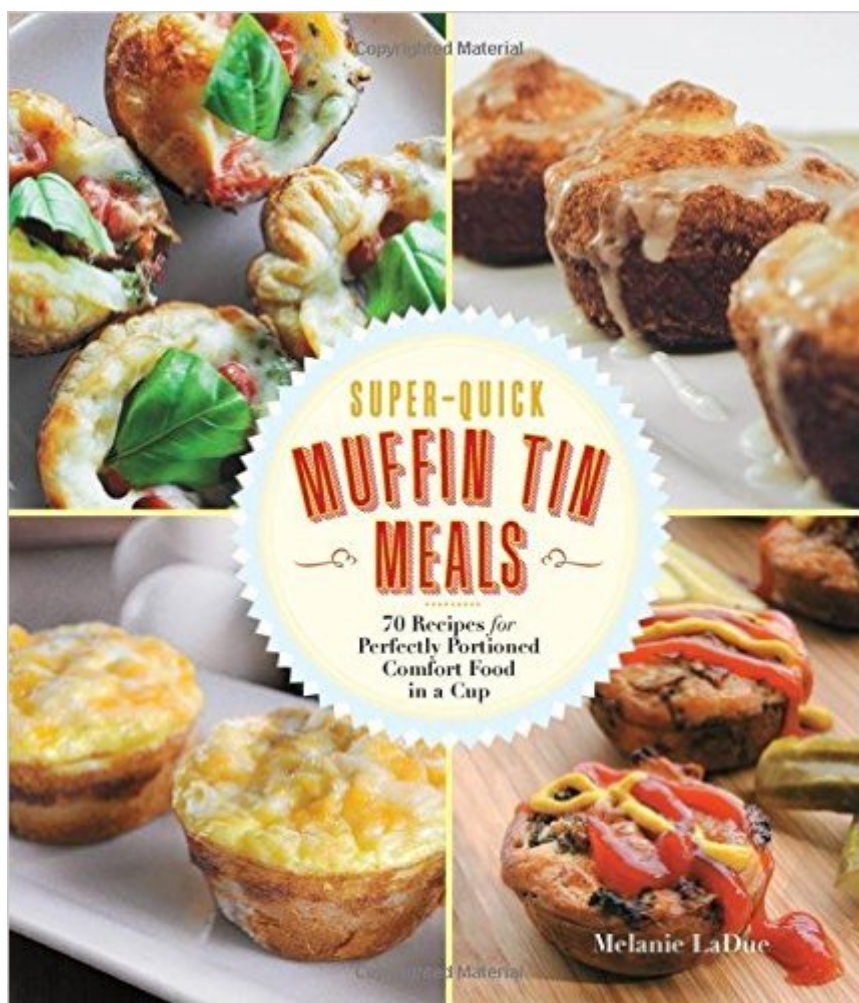


The book was found

# 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 [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #162,816 in Books (See Top 100 in Books) #75 in [Books > Cookbooks, Food & Wine > Baking > Biscuits, Muffins & Scones](#) #476 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #658 in [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.

[Download to continue reading...](#)

Super-Quick Muffin Tin Meals: 70 Recipes for Perfectly Portioned Comfort Food in a Cup Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) Love Muffins: 60 Super #Delish Muffin Recipes (60 Super Recipes Book 8) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) Muffin Tin Megabook Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes, Caribbean Food Recipes, Food Processor Recipes,) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Pronounce it Perfectly in English with Audio CDs (Pronounce It Perfectly CD Packages) American Tin-Litho Toys: Including Ohio Art, Wolverine, Marx, Chein and More- A Collectors Guide to Identification, Pricing and History of American Tin-Lithographed Toys Rin Tin Tin: The Life and the Legend Top 500 Ketogenic Diet and Low Carb Diet Recipes Cookbook Bundle: (Vegan, Muffins, Dump Meals, Donut, Freezer Meals, Waffles, Egg, Fat Bombs, Ice-Cream & Popsicles, Cup cake) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1) Comfort Food Delights Box Set (10 in 1): Southern Casseroles, Amish Recipes, Soups and Stews, American Favorites with Air Fryer, Mug Meals and

Much More ... for the Soul (American Favorite Recipes) 101 Quick & Easy Cupcake and Muffin Recipes Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals)

[Dmca](#)