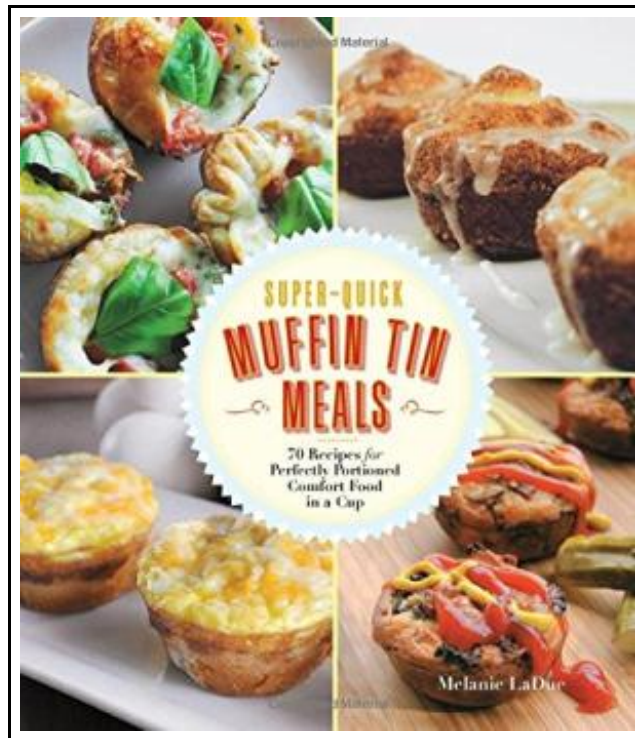


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Rock Point. Paperback. Book Condition: new. BRAND NEW, Super-Quick Muffin Tin Meals: 70 Recipes for Perfectly Portioned Comfort Food in a Cup, Melanie LaDue, Discover 100 healthy and delicious recipes for your muffin tin! Breakfast in the car? Party 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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