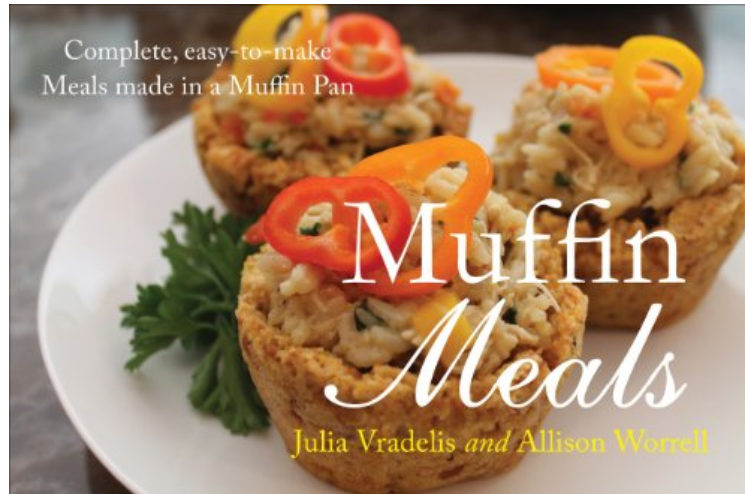


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## Muffin Meals

*Julia Vradelis, Allison Worrell*  
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**Julia Vradelis, Allison Worrell : Muffin Meals** before purchasing it in order to gage whether or not it would be worth my time, and all praised Muffin Meals:

0 of 0 people found the following review helpful. Great book with a lot of great ideasBy Joy R RudGreat book with a lot of great ideas! making meals in a muffin tin helps control the portions, which I have trouble with! I hope Julia comes to town for a book signing so I can get my book autographed. Besides, Julia Vradelis is my cousin and I want to congratulate her on a fabulous idea.0 of 1 people found the following review helpful. Very disappointed in thisBy CustomerVery disappointed in this. No nutritionals, and the binding is awful. I simply opened mine and looked through, and the back cover broke loose from the rest of the book. The recipes are also a disappointment. Not much in there that I feel I'd want to make.0 of 1 people found the following review helpful. Five StarsBy CRYSTAL BATTLEPerfect! New as stated and delivered in a timely manner!

Muffin Meals was created with busy moms and active women (and men) in mind. In this cookbook, you will find innovative, easy-to-make meals that you can prepare quickly and easily in your muffin pans. You'll find recipes for breakfast, lunch, dinner, desserts, and even holidays! You can mix and match many of the recipes to suit anyone's taste. Many of our recipes have very few ingredients but are packed with flavor! There are even ideas for wrapping them up and taking them to your neighbors or friends. Muffins are not just for breakfast anymore. Make it a meal!