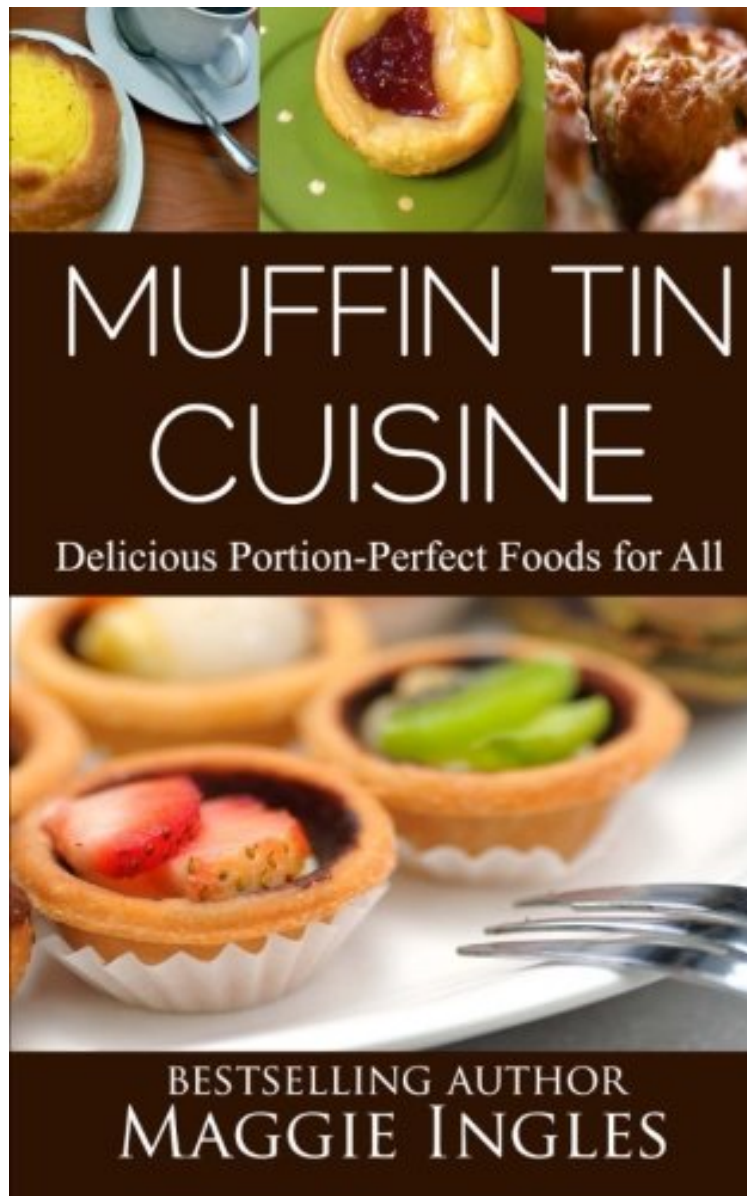


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Muffin Tin Cuisine

Maggie Ingles

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Maggie Ingles : Muffin Tin Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Muffin Tin Cuisine:

1 of 1 people found the following review helpful. "Real" food, real simple.By daba318Easy to follow directions and basic ingredients make this book a valuable resource for quick meals or easy entertaining. Even someone with minimal

cooking experience should find this book easy to use. Several of the recipes could be made ahead and refrigerated or frozen. I am looking forward to trying most of these recipes. The only change I would suggest is organizing the recipes by type of food. This would make it easier to identify a recipe for a particular purpose. 0 of 0 people found the following review helpful. Fun, delicious and versatile recipes! By MickeyDachs Muffin Tin Cuisine has a great variety of easy, delicious, and (in most cases) easy to fix) recipes all made in muffin cans. This cuts down on cooking time (great in summer, so as not to run the oven so long), as well as creating perfect portions for adults as well as children. Most of these ideas can be tweaked and changed to add in or leave out ingredients as preferred. Plus, all of the dishes just look so cute and fun, as prepared in their small "muffin-sized" portions! 0 of 0 people found the following review helpful. Yes! By Kindle Customer My mother is wild over this concept of using muffin tins as small meals. She makes a squash casserole and uses this method. Recipes are good. Good idea for singles.

I put these recipes together when I realized that I was overeating, putting my family at risk with nonstick pans and wasting precious time washing dishes. Muffin tin recipes were the perfect solution for all of my problems! I only make what we need, spend much less time with the dishes and more with my family. Here are some of the reasons why everyone should put these recipes into their cooking rotation: Cut cleanup time in half or get rid of it all together. Cut out dangerous fumes from your cooking routine. Nonstick pans have a dangerous chemical coating called perfluorooctanoic acid (PFOA) that can be fatal to birds; most other pets and even negatively affects those with respiratory illnesses. Make portion perfect meals. Know exactly how much you are eating. Cook for the week ahead. Leftover portions are easy to pack up and freeze for another day because they are so small.