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Maggie Ingles

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#3360106 in Books Maggie Ingles 2013-02-01 Original language: English PDF # 1 8.00 x .14 x 5.001, .15
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Maggie Ingles : Muffin Tin Meals:: Quick, Clean and PFOA-Free before purchasing it in order to gage whether or not it would be worth my time, and all praised Muffin Tin Meals:: Quick, Clean and PFOA-Free:

3 of 3 people found the following review helpful. Creative cooking using your muffin tin By _Customer I loved the Muffin Tin Meals cookbook by Maggie Ingles as she has created a cookbook filled with numerous muffin tin recipes

ranging from breakfast to dessert. I also love the reason why Ingles created the cookbook as she states she "put these recipes together" to help with portion control. She also writes using muffin tin recipes helps save time when it comes to washing dishes. Some of the recipes you will find in her cookbook include: Breakfast Muffins, Stuffed Chicken Breast, Asian Dumplings, Mini Pizzas, Frozen Fruit Treats. Recommend. 14 of 15 people found the following review helpful. Fantastic concept. By Gazelle. What a great concept! I'm looking forward to making several of these recipes (a couple don't interest me) but more importantly, I'm now obsessed with figuring out other meals I can make in a muffin tin. That alone is worth the price of entry! I also like the mini-education on PFOA. Be aware that this is NOT a diet-friendly cookbook, nor is it vegetarian, vegan or anything else it doesn't claim to be. These are savory, comfort-food type recipes that have a tendency to be high-carb. Great job! 2 of 2 people found the following review helpful. muffin tin meals. By Kindle Customer. I haven't tried any of the recipes yet but they look great. Some of these recipes would be perfect for teenagers to snack on or for appetizers at a party. They look easy to make and I can't wait to try them.

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.