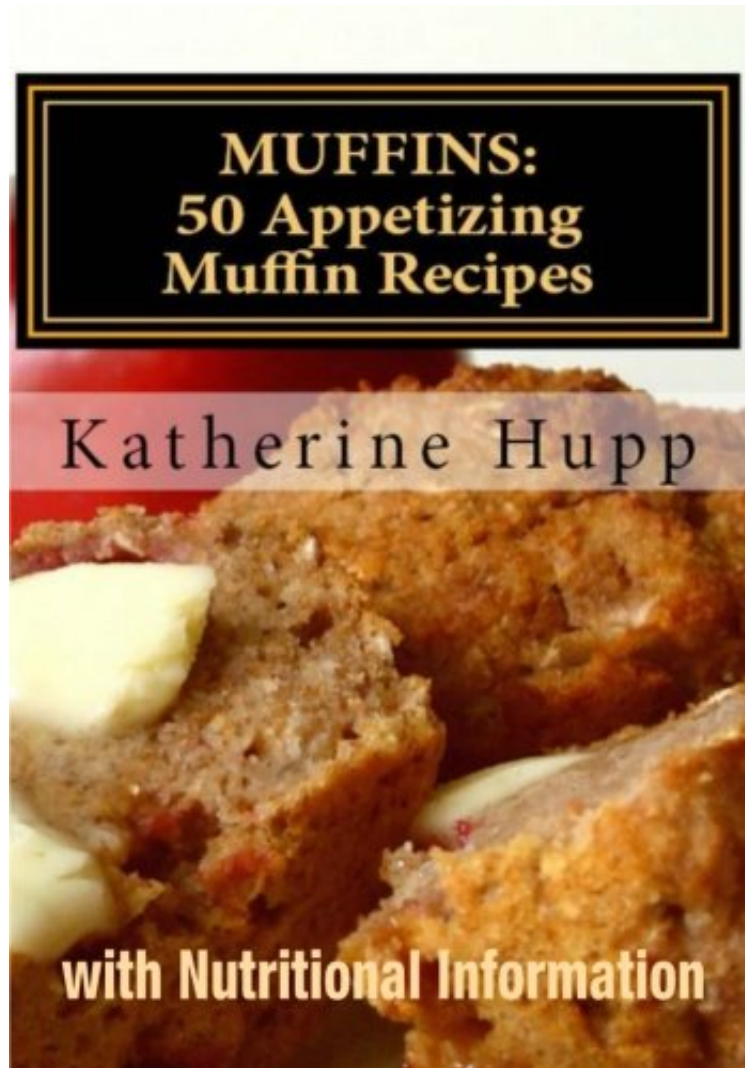


[Free download] MUFFINS: 50 Appetizing Muffin Recipes with Nutritional Information

MUFFINS: 50 Appetizing Muffin Recipes with Nutritional Information

Katherine Hupp

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Katherine Hupp : MUFFINS: 50 Appetizing Muffin Recipes with Nutritional Information before purchasing it in order to gauge whether or not it would be worth my time, and all praised MUFFINS: 50 Appetizing Muffin Recipes with Nutritional Information:

3 of 3 people found the following review helpful. "50 DELICIOUS RECIPES, EASY-TO-PREPARE, NUTRITIONAL VALUES INCLUDED!" By Author/Reviewer Geri Ahearn Katherine Hupp delivers one of the Best

recipe cookbooks for homemade muffins that I have researched up until now. There are 50 mouth-watering recipes that are easy-to-prepare. Each recipe includes: Ingredients(many are common); Directions, Number of servings; Number of Calories per recipe; And other Nutritional info. The Recipes we made so far were the Spiced Apple, and the Raisin Cinnamon. Both recipes were easy to make, and very tasty, not to mention filling satisfying. What we love about muffins is that they are not only good with a meal, but great as a snack, or for breakfast. Next, we will be making the Rye, and the Raspberry. My daughter enjoys them as much as I do, and Cook time for all the recipes is not long at all. Other delicious recipes include: Peach; Pineapple; Raisin Bran; Rum; Oatmeal Chocolate Chip; Pumpkin; Jelly corn; Cheesy; Cherry Delight; Cranberry; Date; Harvest Spice; Chocolate Zucchini; Cornmeal; Nutty Fruit; Carrot; Banana; Spice; Raisin Orange; Sweet Blueberry; Spiced Molasses; And More. The sweet aroma of homemade muffins is as delightful as homemade bread. This muffin cookbook is at a great bargain price, and I will be gifting it to friends and family on special occasions. We are happy to add it to our cookbook collection. Highly recommended. 2 of 2 people found the following review helpful. These muffins are awesome! By S. Hupp I may be biased considering these are my moms muffin recipes but there's also something to say for someone who's ate the product of the recipes and will vouch for them. They really are great, just about all of them call for the right amount of sugar and aren't overbearing like what you'll normally find in the bakery of a grocery store. Very delicious, too. 1 of 1 people found the following review helpful. Absolutely Wonderful Muffin Recipes! By Millothemouch I was very pleasantly surprised with this muffin recipe book to see that all the ingredients are from very healthy sources. So nice to see in this day and age when everyone is trying to cut down on the "baddies" ingredients. There are such lovely ingredients in the recipes and I look forward to making all of them. Well done!

The MUFFINS: 50 Appetizing Muffin Recipes with Nutritional Information cookbook gives you time-honored muffin recipes to satisfy one's yearning for a special treat for breakfast or brunch. The majority of the muffin recipes listed are light on sugar and fats, although a few recipes are a little on the sweeter side. Nutritional information is listed per serving and includes Calories, Calories from Fat, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrates, Dietary Fiber, Sugars and Protein. Whole milk, corn oil, unsalted butter and vegetable shortening were used when determining nutritional data when called for. Each particular ingredient was added specifically so nutritional data would be listed at the maximum amount. If one wishes for an even healthier muffin, calories, carbs and cholesterol may be lowered by using skim milk, olive oil, etc., in one's own baking.

About the Author Katherine Hupp was born and raised in West Virginia. She continues to reside in the rolling foothills of the Appalachian Mountains with her husband of 34 years. They have one fine son and two terrific grandsons. Katherine enjoys the country life and spends much of her time cooking, gardening, and canning and preserving fresh fruits and vegetables. Among her many interests are reading, writing, crocheting, beading, stained glass and woodworking. Katherine is the author of the following cookbooks: Perfect Pie and Pastry Recipes: Homemade Dessert Pies Made Easy Cookbook Waffle Recipes: Wonderful Waffles and Syrups Cookbook MUFFINS: 50 Appetizing Muffin Recipes with Nutritional Information Satisfying Slow Cooker Recipes: Meals Your Family Will Want To Come Home To Everything Zucchini Recipes Cookbook: Zucchini Breads, Muffins, Main Dishes, Desserts, Jams Marmalade Katherine has also published the following books: Names for Cats and Kittens: More Than 2000 Names for Male and Female Felines (coauthor Rosamond Wolfe) Raising Backyard Chickens From Eggs To Egg Layers Kittens on a Fence Kindle Cover Crochet Pattern All eight books are available as eBooks. Along with MUFFINS: 50 Appetizing Muffin Recipes, Waffle Recipes: Wonderful Waffles and Syrups Cookbook, Everything Zucchini Recipes Cookbook, and Perfect Pie and Pastry Recipes are also available as 7x10 printed softcover editions.