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## Muffins to Slim By: Fast Low-Carb, Gluten-Free Bread Muffin Recipes to Mix and Microwave in a Mug (Volume 1)

*Em Elless*

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**Em Elless : Muffins to Slim By: Fast Low-Carb, Gluten-Free Bread Muffin Recipes to Mix and Microwave in a Mug (Volume 1)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Muffins to Slim By: Fast Low-Carb, Gluten-Free Bread Muffin Recipes to Mix and Microwave in a Mug (Volume 1):

21 of 21 people found the following review helpful. Love This Low-Carb, Gluten-Free CookbookBy BellaJackThis is a great little book that I use almost every day. I first borrowed it from my library to try it out and ended up buying it for my collection. I particularly like the "Corn Dog" type Muffin Dog, and I don't feel one bit guilty eating it either! Instead of one tablespoon of the flaxseed meal, I use 1 tablespoon gluten-free hi-maize corn meal. Yum! My other favorites are the Pizza Muffin, Pumpkin Pie Muffin, and Chocolate Muffin. I've even invented some of my own mug muffins/cakes since purchasing this book and may even write my own cookbook. I like my Egg Mmmuffin (not the

name I use) better than the one in the book, but her recipe is still very good (probably the only difficult recipe in the book--not as difficult as mastering Southern biscuits, though). While the author gets very inventive with her fruit substitutes in order to make the recipes lower carb, I didn't think they were very convenient to prepare or find some of the flavoring ingredients. I even went to the Lorann Oils site and couldn't find some of the flavorings she recommends in the recipes. I would much prefer to use real pineapple, banana, apples and peaches in the recipes instead of eggplant-based copycats. Of course, it will add extra carbs, and I quite understand why she adapted the recipes, but after trying some, I choose to use the real thing. I love that on the opposite page of each recipe there is notable information concerning the ingredients or other interesting facts about the recipe. There is also a nice measurement conversion chart in the front of the book and comprehensive index in the back (so many smaller books totally disregard an index!). The only things that are missing are color pictures of the recipes--pictures would have been nice. I highly recommend this book for those on low-carb, gluten-free diets, even without pictures. \*\*Note: I was very disappointed in my delivery and packaging, which is unusual for . The book came with the front cover creased in half from the top right corner to the left lower corner. I contacted and complained, but they didn't even have the decency to contact me back or replace the cookbook as I asked them to do. Not very good customer service.

35 of 36 people found the following review helpful. Genius recipes for low-carb dieters By Smithvigsen I've bought 10 low-carb recipe books in the past 2 months -- this one is the only one I've used over and over. I don't know how she comes up with these recipes, but they are life savers. I haven't had a dessert in weeks (hurray! I've lost 15 pounds in 6 weeks!), but I finally got my chance to have a lemon muffin! I had a chocolate one, too. And multiple savory ones. The recipes are so simple -- and mug mixing...you can't get easier than that. I agree with another reviewer -- the recipes can be considered "baseline"...you can definitely enhance them to suit your own tastes. And yes, you'll have to get special ingredients (coconut flour, flax meal, almond flour), but they were readily available at the local health food store. They will NOT taste as good as muffins from a regular bakery, but hey -- more so than another slick of jerky. Bravo! Thanks for giving me bread-ish options for my low-carb diet!

10 of 10 people found the following review helpful. THIS BOOK DESERVES 10 STARS!!! By MaizenBleuSoul Yes, I LOVE this book. My husband must eat gluten free and I am a low carber for health reasons but we both miss bready things, both sweet and savory. This book takes care of it all, and the 5 recipes I have tried are super, although they ALL look delicious. ( I have made up the larger basic mix recipes and they make muffin prep even easier and faster--and, yes, I had to order a few "specialty ingredients" from because we live in a rural area--not cheap, but a whole lot better than doing without some favorite foods or eating crap and suffering the health consequences--and probably cheaper.in the long run anyhow. ) But YESTERDAY, A Funny Thing Happened On The Way To Our Plates- -I was cleaning out the back of an "unexplored for years" kitchen cabinet and found one of those funny old GT101 Xpress things. And I thought: hmmm...I just wonder what would happen IF....so I mixed up a coconut cream muffin and heated up the GT101 and poured the batter into the two little wells. After 3 minutes I checked and the bottom was a beautiful crispy golden-brown. turned it and cooked for another 3 minutes. Cut into it--OH, HEAVEN! Did the same thing this morning to the cheese and bacon one and it was equally good. and the texture when you cut into them was VERY close to real bread. Umm hmmm, requires more time than the usual OMM, in the microwave, but comes out not at all like any "usual anything." "There are genius ideas in this book and all are quick and easy to do. Would be high on my list to be "shipwrecked with." If they had 10 stars, that is what I would give this book! I am off now to order some of the author's other books.

The Original Low Carb Minute Muffin Cookbook for weight loss, diabetic gluten-free diets. Dozens and dozens of single-serving recipes bundled into a banquet of nutritious breads and muffins - as low as 0 net carbs! From Sweet (introducing luscious fruit substitutes) - to Savory to Meals in a Muffin, these innovative mix-in-a-mug recipes are quick to prepare and only moments away from fresh-baked and ready to enjoy. Savory Stuffin' Muffins rich with sautéed onions and celery, buoyant sandwich and hot-dog buns, Parmesan Salsa or Italian Herb, Banana Nut Bread or Strawberry Shortcake, warm and welcoming Cinnamon Apple Upside-Down Cake, Ricotta Comfort dinner rolls, delectable Red Velvet with cream cheese, Maple Bacon for breakfast, Pizza or a Reuben Melt for lunch- for starters! Those who are new to minute muffins prepared in a microwave may be disappointed that they aren't the same as "real" bread - those made with wheat/gluten flours and sugar, baked in an oven. They miss the texture that sugar and gluten add, and ask if they can substitute "real" flour and sugar -which of course defeats the whole purpose. I took the hard line and adhered strictly to low carb ingredients, and strived for such a wide variety of recipes that everyone should be able to find several that will become staples. If you don't mind a denser bread, you can reduce the baking powder from 1 tsp. to 1/2 tsp. Almond flour can be substituted for flaxseed. In other words, the recipes are versatile. Have fun with them! Each includes nutritional sidenotes and interesting health benefits of the ingredients. If you haven't allowed yourself bread for a long time, have had to wrap your hamburger in a lettuce leaf or dearly miss breakfast toast, these recipes are a real blessing. It's bread! We're actually eating bread, and it's more than okay - it's really good for us! White flour tastes like paste to me now, compared with the flavor of ground almonds and coconut flour. It's a new way

of eating. Preparing healthful recipes is one of the most satisfying, rewarding things we can do for ourselves.