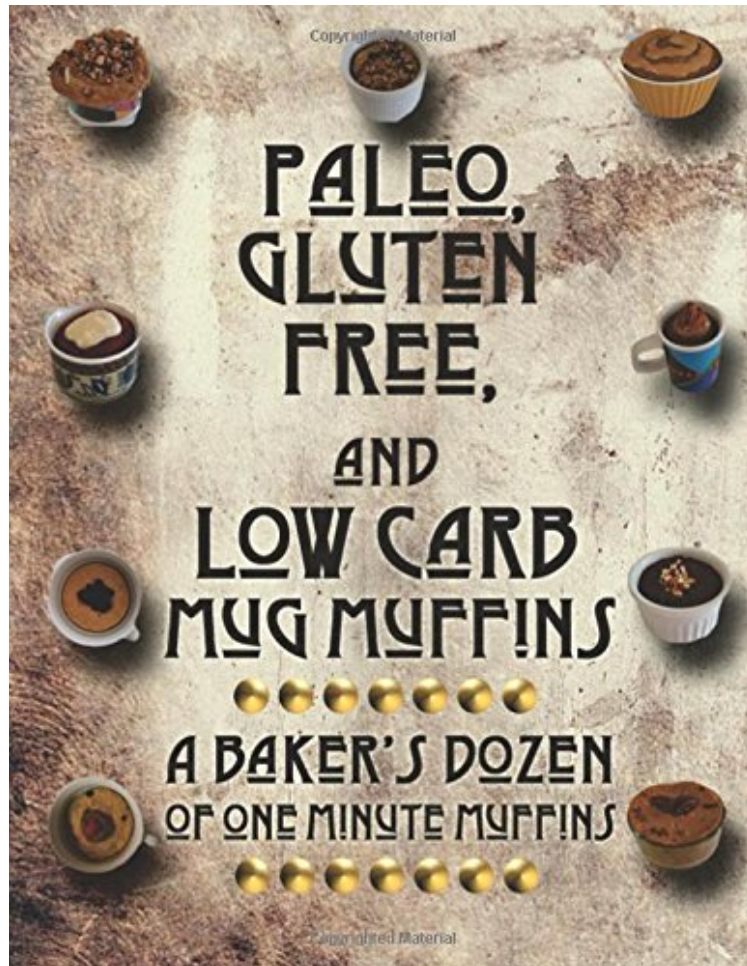


Paleo, Gluten Free, and Low Carb Mug Muffins: A Baker's Dozen of One Minute Muffins

Elise Abram

**Download PDF | ePub | DOC | audiobook | ebooks*



#3660982 in Books 2016-08-26Original language:English 11.00 x .6 x 8.50l, #File Name: 099172544124 pages | File size: 62.Mb

Elise Abram : Paleo, Gluten Free, and Low Carb Mug Muffins: A Baker's Dozen of One Minute Muffins
before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo, Gluten Free, and Low Carb Mug Muffins: A Baker's Dozen of One Minute Muffins:

It's happened to all of us--we want to eat healthier, but then we're sabotaged by cravings for sugar, salty, carb-laden snacks. Rather than reach for a chocolate bar or bag of chips the next time the carb craving hits, reach for a mug muffin instead. Paleo, Gluten Free, and Low Carb mug muffins are a healthy-ish alternative, great for breakfast, dessert, or just because. Paleo, Gluten Free, and Low Carb Mug Muffins will show you how to make a baker's dozen

of different mug muffins from a single base recipe. Choose from Black Forest Cherry, Blueberry Crumble, Carrot Cake, Red Velvet, and Apple Fritter...and we're just getting started! In addition to recipes, you will learn about the health benefits of the basic building block ingredients, such as the flours, sweeteners, and fiber options used to make the best mug muffins you've ever tasted!

About the Author Elise Abram is an author, editor, publisher, high school teacher of English and Computer Studies, former archaeologist, an avid reader of literary and science fiction, and student of the human condition. Everything she does, watches, reads and hears is fodder for her writing. She is passionate about cooking, writing and language, differentiated instruction and ABC's Once Upon A Time. In her spare time she experiments with paleo cookery, knits badly, and writes. She also bakes. Most of the time it doesn't burn. Her family doesn't seem to mind.