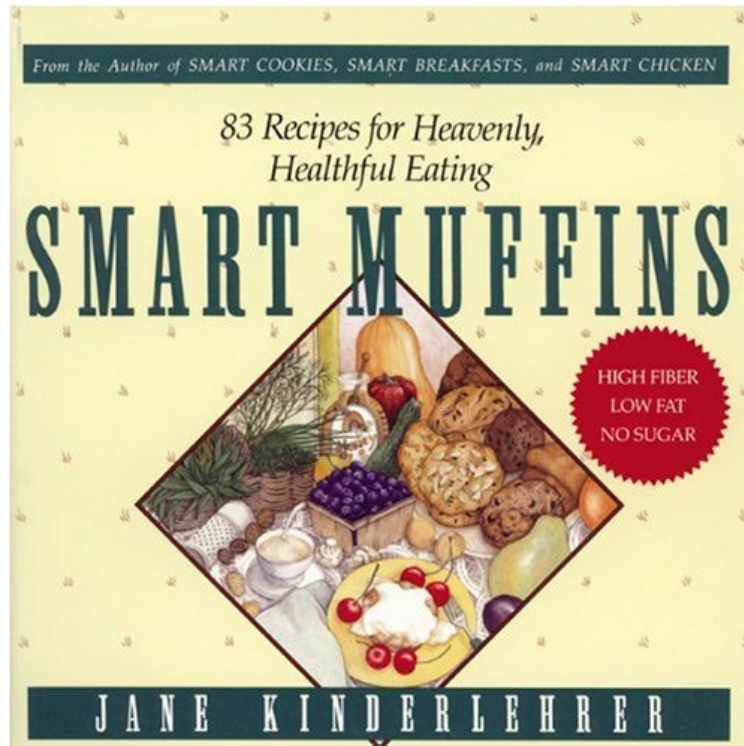


[Free read ebook] Smart Muffins: 83 Recipes for Heavenly, Healthful Eating (Jane Kinderlehrer Smart Food Series)

Smart Muffins: 83 Recipes for Heavenly, Healthful Eating (Jane Kinderlehrer Smart Food Series)

Jane Kinderlehrer

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Jane Kinderlehrer : Smart Muffins: 83 Recipes for Heavenly, Healthful Eating (Jane Kinderlehrer Smart Food Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Smart Muffins: 83 Recipes for Heavenly, Healthful Eating (Jane Kinderlehrer Smart Food Series):

8 of 8 people found the following review helpful. Smart AND delicious!By Jan L. NadeauI have owned this book for several years and it has become one of the cookbooks I use on a regular basis. My husband is diabetic, so ordinary muffin recipes contain too many no-nos. Jane Kinderlehrer's Smart Muffins are the answer! Even though made with sweeteners like honey and molasses, they contain very small amounts of these in proportion to the high-fiber ingredients resulting in very healthful muffins. Of course we have our favorites, but every recipe I have tried has been delicious and some are very original. The book is divided into comprehensive categories such as "Eat-Your-Vegetables Muffins" and there is an invaluable glossary of ingredients explaining each in detail and how it adds to the recipes right in the front of the book. Some ingredients are unusual, but if you are not near a health food store, all can be purchased online and shipped to your door; i.e lecithin granules. I keep ingredients on hand so I can whip up a batch of our favorites in a short period of time. My husband who has become used to not eating anything sweet loves these muffins and they are a healthy treat! Our large family of adult children and grandchildren love them too. The "Corny Corn and Chive Muffins" are, hands down, the best recipe for cornbread baked in a cast iron skillet I have ever

made. If you can find a copy of this book and your family loves muffins, it is a must have! Invaluable. 1 of 1 people found the following review helpful. smart muffins By summer This cookbook is a wonderful reference for anyone interested in healthy baking. I have used many of the recipes as they are, but also as a guide for my own creations. They all use nothing but whole wheat flour, and lots of nutritious additives like wheat bran, germ, flax etc and can be expanded on to include just about anything your heart desires! Smart muffins make a smart and yummy breakfast! 1 of 1 people found the following review helpful. Smart Muffins By Susan Joy R Great book! A must have for an excellent source for healthier eating. All recipes and ingredients are well explained that even I can bake! lol Nice description of all sources and what makes them beneficial for baking. Must have made at least six different types of muffins- they were all successful and enjoyed by everyone. A great book for vegetarians as well :D

Muffins for kids and grown-ups, for snacks and meals. Including breakfast and brunchtime (Raisin Ginger Muffins, Ambrosia Muffins), parties (Mocha Kahlua Cheesecake Muffins), and dinnertime (Turkey Cranberry Almond Muffins).

About the Author Jane Kinderlehrer has more than forty years experience in cooking and nutrition. The author of Newmarket's classic Smart Food Cookbook series, she was the senior editor and food editor of Prevention for more than 20 years, a regular New York Times columnist, and is also the author of Confessions of a Sneaky Organic Cook and Cooking Kosher the New Way. She lives in Allentown, Pennsylvania.