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## Smart Muffins: 83 Recipes for Heavenly, Healthful Eating

*Kinderlehrer Jane*

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**Kinderlehrer Jane : Smart Muffins: 83 Recipes for Heavenly, Healthful Eating** 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:

0 of 0 people found the following review helpful. book infoBy topbookSmart Muffins brings together 83 easy-to-follow, step-by-step muffin recipes that are high-fiber, low-fat, low-or-no sugar, low cholesterol, and taste wonderful. Also contains a full discussion on ingredients and tips on muffin-making craft and equipment. 30 drawings.

Recipes are "high in fiber, ...low in fat and contain no sugar, salt, white flour, hydrogenated fats or chemical additives." Sections on breakfast muffins, brunch muffins, muffins for the allergic, eat-your-vegetables muffins, and others. Author is a former food editor of Prevention Magazine.