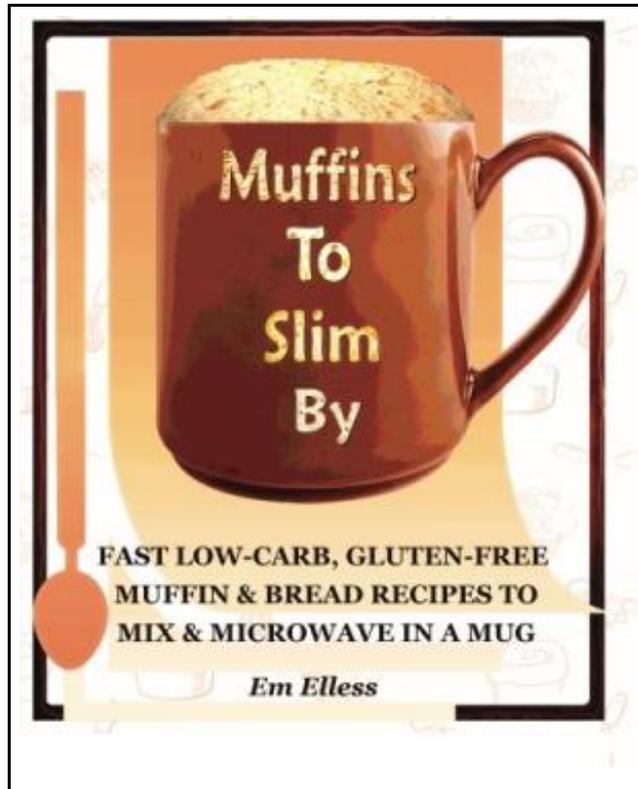


Muffins to Slim by: Fast Low-Carb, Gluten-Free Bread Muffin Recipes to Mix and Microwave in a Mug (Paperback)



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Reviews

A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).

(Santina Sanford)

MUFFINS TO SLIM BY: FAST LOW-CARB, GLUTEN-FREE BREAD MUFFIN RECIPES TO MIX AND MICROWAVE IN A MUG (PAPERBACK)

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Mufn Books, United States, 2013. Paperback. Book Condition: New. M L Smith (illustrator). 251 x 201 mm. Language: English . Brand New Book ***** Print on Demand *****.The Original Low Carb Minute Muffin Cookbook for weight loss, diabetic sugar-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 sauteed 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...



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