



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

By Em Elles

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...



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