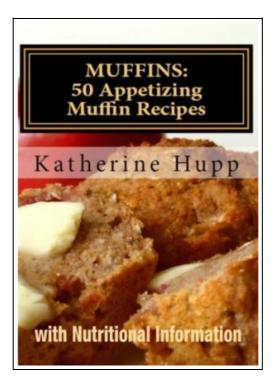
# Muffins: 50 Appetizing Muffin Recipes with Nutritional Information (Paperback)



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### Reviews

It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book. (Tierra Kunde)

### MUFFINS: 50 APPETIZING MUFFIN RECIPES WITH NUTRITIONAL INFORMATION (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The MUFFINS: 50 Appetizing Muffin Recipes with Nutritional Information cookbook gives you time-honored muffin recipes to satisfy one s yearning for a special treat for breakfast or brunch. The majority of the muffin recipes listed are light on sugar and fats, although a few recipes are a little on the sweeter side. Nutritional information is listed per serving and includes Calories, Calories from Fat, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrates, Dietary Fiber, Sugars and Protein. Whole milk, corn oil, unsalted butter and vegetable shortening were used when determining nutritional data when called for. Each particular ingredient was added specifically so nutritional data would be listed at the maximum amount. If one wishes for an even healthier muffin, calories, carbs and cholesterol may be lowered by using skim milk, olive oil, etc., in one s own baking.

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