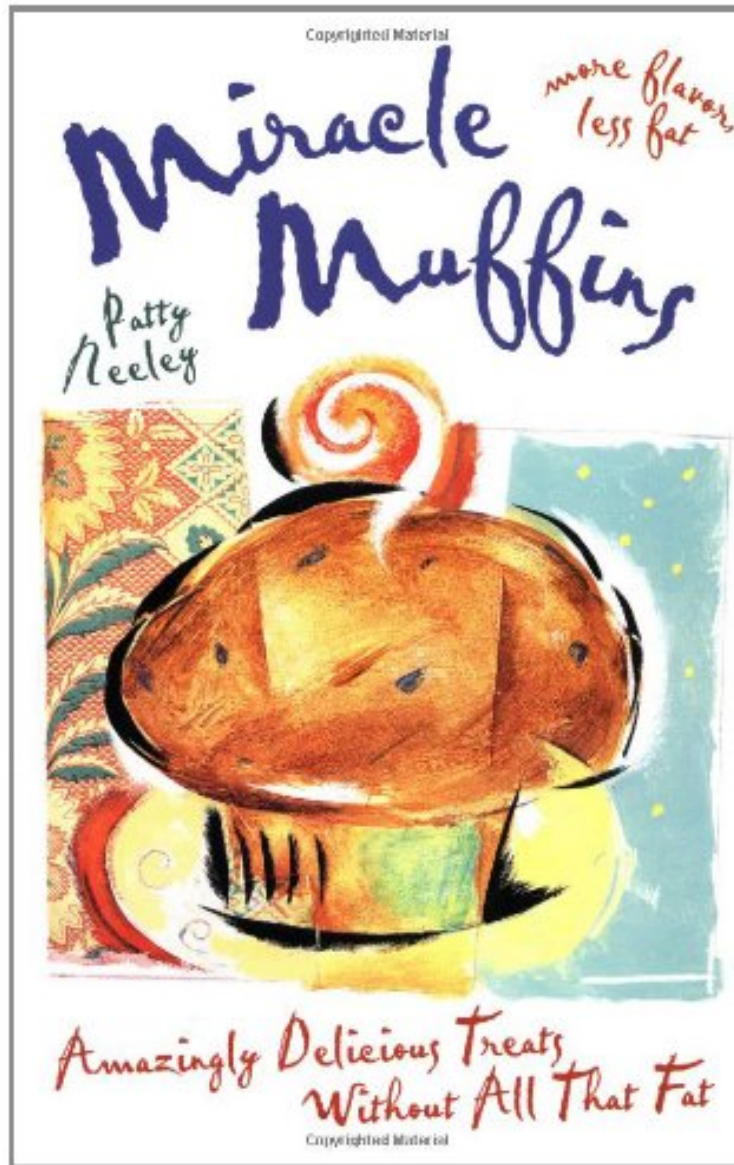


(Mobile ebook) Miracle Muffins: Amazingly Delicious Treats Without All That Fat

# Miracle Muffins: Amazingly Delicious Treats Without All That Fat

*Patty Neeley*

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**Patty Neeley : Miracle Muffins: Amazingly Delicious Treats Without All That Fat** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Miracle Muffins: Amazingly Delicious Treats Without All That Fat:

1 of 1 people found the following review helpful. The recipes are good, but...By Linal'd actually rate this book a 3.5, because of several reasons. The recipes have provided nutrition facts, and are low fat. However, I would not

recommend this book to anybody with diabetes, unless they can make numerous substitutions in the recipes. Even though the muffins are low fat, there are only a few whole grain recipes, and yet only a small fraction of the flour in those are not refined; however I use all white whole wheat flour and they turn out fine. There is also way more sugar in these than normal muffins, such a 2 cups for a medium sized batch of 12. I can honestly say that I can reduce the sugar by a lot, like 1/2 to 1/4 cups per recipe and it is still to sweet for my tastes. Finally, the scone recipes include shortening, which often contains trans fat unless you use non hydrogenated shortening. This cookbook has no pictures. There are also scone, bread, cupcake, and cake recipes included throughout the book. All in all, the recipes are good (not great) for those who are counting their fat and calorie intake. For those of us who are truly health conscious, we need to tweak the recipes a bit. 0 of 0 people found the following review helpful. Miracle Muffins Cookbook By DDenson I already owned this cookbook and enjoyed several of the recipes. I had misplaced my first one and had to order a new one. Of course I eventually found the original copy, but I will keep both. 0 of 0 people found the following review helpful. Five Stars By Matann It arrived in very good shape

A delicious, healthy breakfast is only a few steps away! Did you know that a typical bakery blueberry muffin contains up to 500 calories and 36 grams of fat? Is it possible to make delicious morning treats without all that fat? Yes, it is! Amazingly, you can cut the fat without resorting to bland artificial substitutes for the flavorful ingredients you crave: real eggs, sugar, and chocolate. Patty Neeley has again shown us how to make healthy food taste delicious. Following up on the success of Sweet Deceptions, Neeley has written the ultimate guide to baking flavorful lowfat muffins and other breakfast treats. Miracle Muffins is filled with delectable recipes and wonderful tips to make the morning meal the best one of the day. Classic, fruity, savory, and cake-like muffins abound, including: · Blueberry Streusel Muffins (only 167 calories and 3 grams of fat) · Almond Poppy-Seed Muffins · Raisin Bran Muffins · Pumpkin Spice Muffins · Parmesan and Fresh Herb Muffins Miracle Muffins also contains recipes for other heavenly treats such as scones, breakfast breads, coffee cakes, waffles, and syrups. With the nutritional analysis following each recipe, it is easy to see exactly how much fat and how many calories you are cutting by trying these lowfat innovations. Neeley also includes a chapter on baking tips, utensils, and ingredients to help even the beginning baker create delicious treats every time.

A delicious, healthy breakfast is only a few steps away! From the Inside Flap A delicious, healthy breakfast is only a few steps away! Did you know that a typical bakery blueberry muffin contains up to 500 calories and 36 grams of fat? Is it possible to make delicious morning treats without all that fat? Yes, it is! Amazingly, you can cut the fat without resorting to bland artificial substitutes for the flavorful ingredients you crave: real eggs, sugar, and chocolate. Patty Neeley has again shown us how to make healthy food taste delicious. Following up on the success of Sweet Deceptions, Neeley has written the ultimate guide to baking flavorful lowfat muffins and other breakfast treats. Miracle Muffins is filled with delectable recipes and wonderful tips to make the morning meal the best one of the day. Classic, fruity, savory, and cake-like muffins abound, including: · Blueberry Streusel Muffins (only 167 calories and 3 grams of fat) · Almond Poppy-Seed Muffins · Raisin Bran Muffins · Pumpkin Spice Muffins · Parmesan and Fresh Herb Muffins Miracle Muffins also contains recipes for other heavenly treats such as scones, breakfast breads, coffee cakes, waffles, and syrups. With the nutritional analysis following each recipe, it is easy to see exactly how much fat and how many calories you are cutting by trying these lowfat innovations. Neeley also includes a chapter on baking tips, utensils, and ingredients to help even the beginning baker create delicious treats every time. About the Author Patty Neeley, a professionally trained chef, used her extensive knowledge of food chemistry to create these miraculous treats. She lives in Northern California, and has appeared as a guest chef on television