



# Super-Quick Muffin Tin Meals: 70 Recipes for Perfectly Portioned Comfort Food in a Cup

*Melanie LaDue*

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**Discover 70 healthy and delicious recipes for your muffin tin!**

Breakfast in the car? Party without plates? Perfectly sized portions without cutting or scooping? It's a snap with snacks and meals made in a muffin tin.

*Super-Quick Muffin Tin Meals* are the new way to eat comfort food without the calories. Easy-to-make, one-dish cups mean you can make perfectly proportioned meals for breakfast, lunch, dinner, and snacks...for the whole family! And you can enjoy your favorite comfort foods in guilt-free, smaller helpings. Melanie LaDue dishes up 70 recipes that are no-fuss and delicious and that get more than muffins from a muffin tin. A few quick tricks and easy preparation turn classic flavors into standout dishes that make eating and cleanup a treat. Start your day with Pancake Bites, serve an after-nap treat of S'mores Bites, or create party Caprese Bites that will make you feel like a superstar. Kids love eating cupcakes for dinner, and now they can with 70 great recipes complete with nutritional information.

*Super-Quick Muffin Tin Meals* are perfect for:

**Breakfast** - *Grab and Go*

**Main Dishes** - *Savory and Simple*

**Cooking With Kids** - *Fun for the Whole Family*

**Skinny Muffins: Under 200 calories** - *Protein-Packed Meals without the Guilt*

**Parties & Entertaining** - *Finger Food with a Flair*

**Sweet Tooth** - *As If Dessert Could Get Any More Fun*

**Holidays** - *Special Food for Special Memories*

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