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## SUPER-QUICK MUFFIN TIN MEALS: 70 RECIPES FOR PERFECTLY PORTIONED COMFORT FOOD IN A CUP



Rock Point. Paperback. Book Condition: new. BRAND NEW, Super-Quick Muffin Tin Meals: 70 Recipes for Perfectly Portioned Comfort Food in a Cup, Melanie LaDue, Discover 100 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. Muffin Tin Meals in Minutes are the new way to eat comfort food without the calories. Easy-to-make, one-dish cups mean...

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- Authored by Melanie LaDue
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