



## What's Cooking?

### Our Favorite Cookbooks Tested by Larry Cox

#### **Posts Tagged ‘from The Muffin Tin Cookbook’**

##### Mini Ice-Cream Cakes Made in Muffin Tin Tasty Summer Treat

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The Muffin Tin Cookbook: 200 Fast, Delicious Mini-Pies, Pasta Cups, Gourmet Pockets, Veggie Cakes, and More by Brette Sember with Melinda Boyd, MHR, RD (Adams Media, \$17.95)

A muffin tin is more than just a muffin tin. As this nifty cookbook proves, it can be the beginning of almost every dish imaginable, from mini ice cream-cakes to cornmeal-crusted mustard chicken. All you need is the tin, this collection of recipes and a little imagination.

Brette Sember, author of “The Organized Kitchen” and “The Parchment Paper Cookbook,” and Melinda Boyd, a certified dietitian, serve up 200 recipes, grouped into nine basic chapters: Appetizers and Snacks; Breakfast; Beef and Pork; Chicken and Turkey; Seafood; Potatoes, Rice, Pizza, and Pasta; Vegetables, Muffins and Breads; and Desserts.

Besides being tasty, these recipes are fairly easy to prepare, fast, mess free, and because they are prepared in muffin tins, portion controlled. Did I mention they are also fun?

Three recipes were tested from this collection. The “Pork and Plum” was made with couscous, pork, and plum slices and reminiscent of something that might have been cooked up by my British relatives. My second dish was “Mac and Cheese Cups,” and my final effort was the “Mini Ice-Cream Cakes.” All three were successful.

##### MINI ICE-CREAM CAKES

Makes 6

6 chocolate wafers

1 c vanilla frozen yogurt or ice cream

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1 tablespoon rainbow sprinkles

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Place 6 foil or silicone muffin cup liners in a regular muffin tin.

Place a chocolate wafer in the bottom of each.

Soften the vanilla frozen yogurt or ice cream, and spread on top of the wafer, spreading it out.

Place in the freezer for 30 minutes.

Place a vanilla wafer in each cup.

Soften the chocolate frozen yogurt or ice cream, and spread on top, smoothing it out.

Top with sprinkles.

Freeze for at least one hour until hardened.

Enjoy.

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