

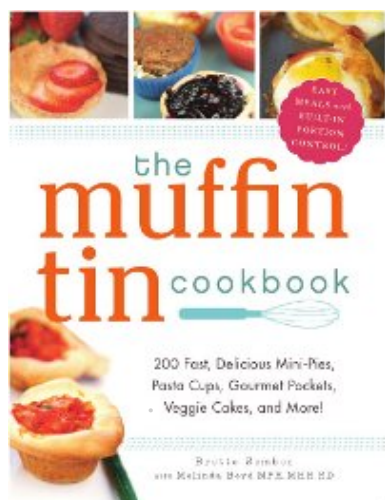
Adventures Of A Midlife Mommy

Sunday, December 2, 2012

The Perfect Gift For the Foodie in Your Life

I consider myself a bit of a foodie... I love to try new recipes and discover new ingredients, find new ways to do things I might not have tried before. When I have free time, I love to read cookbooks and find new recipes to try (usually desserts). Some work, some don't, but it's always fun to try... I know, I know, I'm such a rebel.

When I was given the opportunity to check out "The Muffin Tin Cookbook", by Brette Sember, I jumped at it!



This book is awesome!!!

When I opened it, I knew I had found my next new cooking obsession... It's food and it's in a muffin tin, all cute and little... can it really get any better?! There are several reasons I love Brette's idea of

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adapting recipes to use in a muffin tin ...

- If you have a picky eater at home (like I do), you know sometimes you have to get creative. I am not above cutting PB&J sandwiches into fun shapes, coloring things fun colors or renaming normal foods cool names i.e., Lance Rock doodles (Micah's pronunciation of noodles)... What are Lance Rock doodles you ask? Any regular pasta dish, just add the words "Lance Rock" (or whatever character your child will relate to) in front. Laugh if you want, but my son will eat "Lance Rock doodles" before spaghetti ANY day!!! To get the little one to eat, I'll do whatever I think might do the trick and the Muffin Tin Cookbook has several recipes I have added to my arsenal. Kids love single servings and bite sized foods and snacks, it makes them feel special and it can also cut down on your amount of food waste from little appetites not eating all their meal.
- If you're like me and are NOT a picky eater, but exactly the opposite, this cookbook will be your new best friend. With the muffin tin format, your foods are pre portioned, so you don't have the temptation to overeat. The book even has all the nutritional info per serving, which is very helpful in figuring up the number of WW points each recipe is. You can find out by using your handy dandy WW points plus calculator. You can find them online or download free apps from your carrier's app store. I have found this to be a pretty easy plan to stick with and not too fussy.
- I love to entertain. Especially birthday parties and holiday get-togethers. The Muffin Tin Cookbook is the perfect "go-to" book for these kinds of events, because you can make tons of bite sized goodies in a short period of time and make it look like you really spent hours in the kitchen and usually, at a get-together, nobody wants to be "the person who eats four plates of appetizers", so there will be plenty to go around... if you're lucky, leftovers. The White Pizza and Chicken Florentine Meatloaf are already on the menu for my next shindig... and yes, I really do use the word "shindig" in real life... I told you, I'm a rebel!

This book is very well written and very user friendly. The front of the book has an expansive table of contents, separated by category, listing each recipe and it's page number, as well as a symbol identifying which recipes have been certified as "healthy" by a nutritionist.

Whether you're looking for appetizers, breakfast, main dishes, side dishes, veggies or desserts, you'll find it in The Muffin Tin Cookbook.

Disclaimer: I received the above mentioned product to facilitate this review. My opinions are my own and yours may differ.

Photo courtesy of BretteSember.com

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