

nutrition, food, travel and more

my life as a dietitian and military wife living overseas

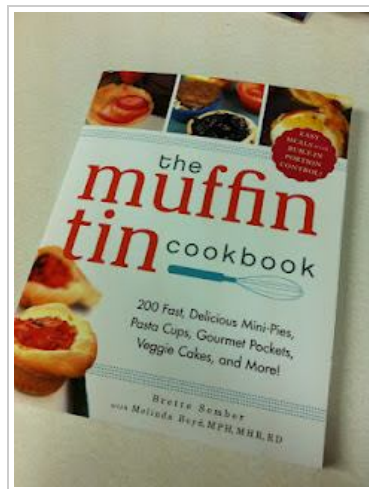
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The Muffin Tin Cookbook Giveaway

Good Morning Everyone!

Today is a very exciting day for me. It's my third wedding anniversary. Three years ago today I married the most wonderful guy ever, and I look forward to many more years. In honor of my anniversary, I thought I would do a giveaway. Also, since I am getting ready to head out of town for a grand adventure in Israel and Europe (and I'll be blogging the whole time!), I thought this would be perfect timing, as I could make sure it is in the mail before I leave town.

I am giving away 1 copy of the Muffin Tin Cookbook. Curious why I picked this? Notice anything about the cover?



That's right! I contributed to this very awesome cookbook. Brette Sember wrote (created) this amazing cookbook, and I love that everything is preportioned, so there is no "cheating" when it comes to having just one serving (or for some foods it's ok to have a few-like the small appetizers). The preportioning means there is no confusion over servings, and the nutrition information is easy to read. It was really a lot of fun to work on this project and see how creative Brette was the recipes.

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MelindaRD

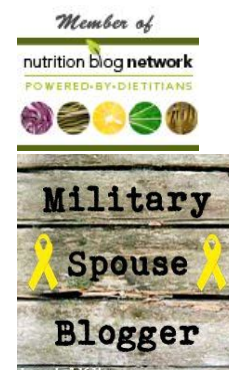
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Here is some more about the book (taken from the internet book description):

Muffin Tins—They're Not Just for Muffins Anymore

There's nothing you can't make in a muffin tin—and we're not talking merely muffins. All you need is a muffin tin, paper liners, and this ingenious, one-of-a-kind cookbook, and you can whip up delicious dishes that are as easy to prepare and serve as they are good to eat!

From quick-serve appetizers and sides to gourmet entrées and desserts, you'll find an amazing variety of mouthwatering options for your dining pleasure, including:

Shrimp Cakes with Cilantro Lime Dipping Sauce

Egg Crescent Pockets

Deep-Dish Pizza Cups

Cornmeal-Crusted Mustard Chicken with Sweet Potato Coins

Duchess Potatoes

Zucchini, Corn, and Tomato Cups

Mini Ice-Cream Cakes

The best part (besides the tasty goodness!): It's fast, easy, mess-free, and provides built-in portion control. Kids will love to help you make them—like cupcakes, only better for your family!—and leftovers are as easy as popping the muffin-meal into the microwave.

It just doesn't get any better than The Muffin Tin Cookbook . . . your next memorable meal is just a muffin tin away!

What a clever idea! Well, that is all I will say because I am way too biased about this!

For more about the cookbook, and some other reviews, check out the [Muffin Tin Cookbook on Facebook](#), where you can find links to blogs with reviews. You should also check out Brette's blog

[Martha and Me](#).

To enter to win your own copy of the Muffin Tin Cookbook, simply leave a comment here about what you would like to try making using a muffin tin. My latest creation idea (other than the recipes from the cookbook) is to make chocolate cherry cheesecake "muffins".

For additional entries, tweet and/or post about this on Facebook (1 entry for each), and then comment here letting me know that you did. You can earn up to three entries! Contest ends Wednesday, May 9th at 11:59 pm EST. I'll be selecting one winner by random drawing. Good luck!

PS: Don't forget the check back (sooner if you want since I will be posting other things before I go away) in the later part of May to follow along with me on my travels, which includes time spent in 6 countries with multiple city stops in each. I will be blogging about the sights, food and culture, and

@RDontheMove

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then a little on nutrition too, especially because I will be attending a nutrition conference as part of my trip.

Thanks everyone for reading by blog. I truly appreciate all of you.

Posted by MelindaRD at 7:56 PM Thursday, May 03, 2012
Labels: [anniversary](#), [giveaway](#), [home cooked](#), [travel](#)

10 comments:



What A Dish! said...

The deep-dish pizza "muffins" sound good to me! This is such a good idea. I've done mini cheesecakes in muffin tins, years ago, and loved them; now I'm wanting to do them again!

May 3, 2012 8:41 PM



Mer said...

Choc Chip Banana Nut Muffins for my favorite NUT (that's you) - LOL! xo! Happy Anniversary guys!!

May 3, 2012 9:06 PM



suburban prep said...

How about popovers? I have heard it can be done.

May 3, 2012 11:38 PM

Melissa Sharp said...

Carrot muffins are my favourite.. wonder if there's a recipe in there!

May 3, 2012 11:40 PM



Barbara said...

An apple pie... muffin!

May 3, 2012 11:48 PM

Special K said...

Frist of all, congratulations on the most highest achievement ever: committment to love.

I honor your vow and say a little prayer of support.

Second...who wouldn't love a little scrumptious pie? I am ALL that muffin tin.... (and Maybe have 2 of them??)

May 4, 2012 12:54 AM



Anash said...

I want to make pistachio muffins which I tried and loved!! Thanks for the

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giveaway

Anashct1(at) yahoo dot (com)

May 4, 2012 10:15 AM



Athena said...

Happy Anniversary and congrats on your contribution to this cookbook. I would love to make something savory in the muffin tin. I mostly use them for cupcakes and muffins.

cereza25 at yahoo dot com

May 4, 2012 9:02 PM

Kristen (swanky dietitian) said...

Great giveaway! There are so many things I would love to make.

I would love to try a quiche. :)

Happy Anniversary!

May 5, 2012 12:38 AM



Astra Libris said...

Congratulations on your cookbook! SO exciting!!!

Have an amazing trip to Israel! Have some falafel for me! ;-)

May 6, 2012 1:17 AM

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