

[Confessions of an Overworked Mom](#)

Where busy moms come to learn about eco-friendly, time saving, gourmet products.

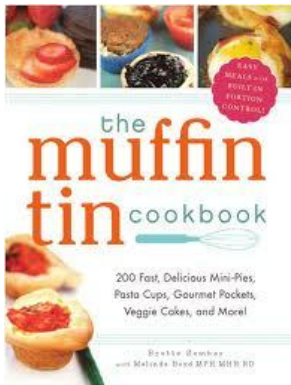


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AdChoices

The Muffin Tin Cookbook easy mini meals with built in portion control

Jun
5
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The Muffin Tin Cookbook

I'm always looking for ways to control my portion sizes. It's way too easy to put a *scoop* on your plate that just grows bigger and bigger with each little bit you take. I may convince myself that it's only one portion of mashed potatoes or chicken or dessert, but it's easy to misjudge what I'm actually getting. I love products at the store that come in portion control sizes. I want an easy way to remind me of what one serving is. With The Muffin Tin Cookbook, I now have a fantastic selection of recipes that are easy with built in portion control!

[The Muffin Tin Cookbook: 200 Fast, Delicious Mini-Pies, Pasta Cups, Gourmet Pockets, Veggie Cakes, and More!](#) features two hundred fast, delicious mini pies, pasta cups, gourmet pockets, veggie cakes and more. All of these recipes are easy and feature built in portion control! Creating these meals, sides and desserts in muffin liners means that clean up is much easier than when I have to scrub pots and pans. If you would rather not use throw away paper muffin tin liners, I recommend that you check out some of the silicone liners which can be re-used over and over again.

The introduction will discuss the different types and sizes of muffin pans, muffin liners and how to best use pie crusts in muffin tins. After that, the recipes are separated into Appetizers and Snacks, Breakfast, Beef and Pork, Chicken and Turkey, Seafood; Potatoes, Rice, Pizza and Pasta; Vegetables, Muffins and Breads, and Desserts. I found a great selection of not only kid friendly recipes but also more adult recipes that would work perfectly for entertaining.

This book is ideal for people watching their portion size and nutrition because at the bottom of each recipe is information about the calories, fat, protein, sodium, confessionsofanover-workedmom.com/.../the-muffin-tin-cookbook-easy-mini-meals-with-built-in-portion-control/

carbohydrates, sugar, and fiber contained in the recipe. That makes it so much easier for me to keep track of what I'm eating. There is also a key at the top of each recipe that tells me at a quick glance what size muffin tin I'll need to prepare the recipe. I really need to pick up a jumbo muffin tin and try a few more of the recipes in The Muffin Tin Cookbook. We tried the [Gyro Meatloaf recipe](#) and it was amazing!



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About Ellen Christian

Ellen is a busy mom of two teenagers who left the corporate world in 2008 to focus on a more eco-friendly life. She lives in rural Vermont where she juggles family, two blogs and a career in social media.

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Comments

1.  [Danielle](#) says:
[June 5, 2012 at 3:14 pm](#)


This book sounds like the perfect solution for my picky eaters. Muffin tin meals sound so much more fun than regular meals.

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2.  [Bonnie](#) says:
[June 5, 2012 at 6:41 pm](#)

Sounds as if this would be great for children as well. Handheld size = less mess.


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3.  [Amber](#) says:
[June 5, 2012 at 7:15 pm](#)

I really need to attempt to eat a small portion. However, no matter what my mind says, my hand/spoon keep piling the food on my plate.

The cookbook looks like something I would be interested in!

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4.  [krystle](#) says:
[June 5, 2012 at 11:14 pm](#)

I love small bite sized foods, the recipes sound delicious especially the pasta cups!

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Confessions of an Overworked Mom is a site devoted to helping busy moms make choices about the eco-friendly, time saving, gourmet products they use in their

homes. Women often need to

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Nichol
I add lemon to water, I love the freshness it adds!



amy
I add franks' hot sauce to just about everything



Jennifer (Savor)
Shrimp Mozambique which is a Portuguese dish my husband loves.



Alessandra
I love Southern dishes— cornbread stuffing is always popular!

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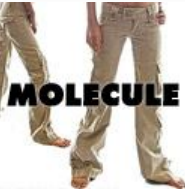




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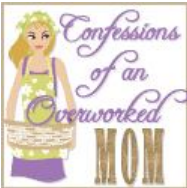


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