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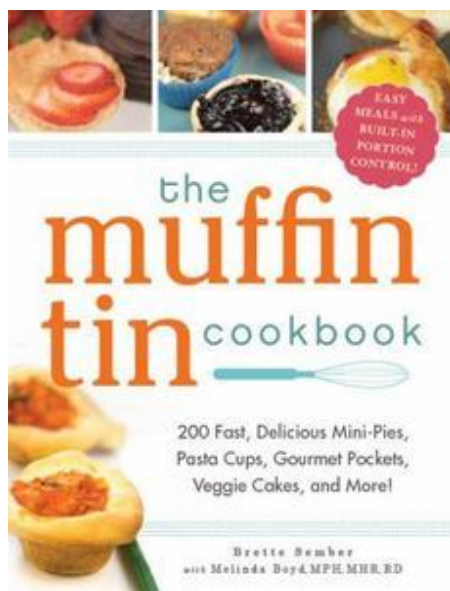
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TUESDAY, NOVEMBER 13, 2012

## The Muffin Tin Cookbook Review



I am always on the lookout for new recipes, especially when the final product is something that looks interesting and will appeal to my children. **The Muffin Tin Cookbook: 200 Fast, Delicious Mini-Pies, Pasta Cups, Gourmet Pockets, Veggie Cakes, and More!** aims to prove that you can cook a whole lot more than cupcakes and muffins in muffin tins. The recipes in the book are created to be fast, easy, mess-free, and they provide built-in portion control.

The recipes are organized into the following chapters:

- Appetizers and snacks
- Breakfast
- Beef & pork
- Chicken & turkey
- Seafood
- Potatoes, rice, pizza, & pasta
- Vegetables
- Muffins & breads

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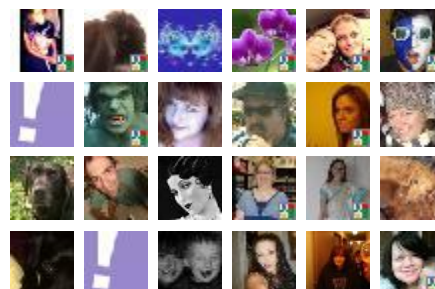
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## Desserts

**Review:** The very first thing I do when I get a new cookbook is go right to the back and look at the desserts. I resisted the temptation to choose my first recipe as a dessert with this book because the thought of making a meal in a muffin cup truly intrigued me. Each recipe indicates with a picture whether the recipe calls for a regular, mini, or jumbo sized muffin pan. There is a small collection of colored photographs of some of the meals in the center of the book and each recipe page indicates the calories, fat, protein, sodium, carbs, sugars and fibers per serving. There is also a nice introduction explaining the different muffin tins, liners, etc. I liked the way the book was organized. I always prefer books that have pictures with each recipe, but I will take a small selection in the center over no pics at all.

There were so many delicious sounding foods listed, I had trouble narrowing down to just one recipe! My whole family loves breakfast foods, so I decided to try this fun recipe:

**Recipe: French Bread French Toast***Ingredients*

1 fresh baguette, ends cut off and slices into 1" slices  
 6 eggs  
 1/2 cup skim milk  
 1/2 cup heavy cream  
 1/2 teaspoon cinnamon

*Directions*

Preheat oven to 400 degrees F and prepare as many regular muffin cups as you have slices of bread by spraying cooking spray. Whisk all other ingredients together in a bowl. Drop 5 or 6 slices of bread into the bowl and allow them to soak for about 30 minutes, flipping half way through. Place 1 slice in each muffin cup. Repeat process for remaining slices. Divide any remaining egg mixture among the muffin cups evenly by spooning over the top of the toast. Bake for 12-15 minutes, rotating muffin pans halfway through, until lightly browned.

**Results:** It is actually a rare day when all four of us agree on a meal so I was thrilled when breakfast, which was really easy to make, received a thumbs up from everyone in this house! The milk and cream made these a little tastier than classic french toast and I love the way the crust tasted. The cinnamon also gave a little extra flavor and my family has already requested that I make this next weekend! After trying this delicious recipe, I can't wait to try some more out of this book!

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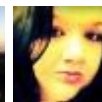

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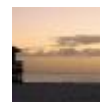
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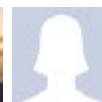
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**Amazon Deals**

**Buy it here:** You can purchase The Muffin Tin Cookbook from bookstores and online retailers. Regular retail price is \$17.95 though I found it at a discounted price on [Amazon](#).

*I was provided with the above mentioned book for the purpose of facilitating this review. No other compensation was received and the views expressed here are my own.*

Posted by Cake Mom at **9:28 PM**



#### 1 comments:



**[BethElderton](#)** said...

**1**

I need this book. Cooking in muffin tins makes it so easy to portion out servings. Hubz and I eat dinner, then take portions the next day for lunch. Muffin size is easy to pack for lunch.

**[November 14, 2012 2:51 PM](#)**

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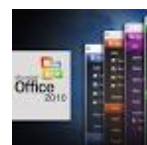
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