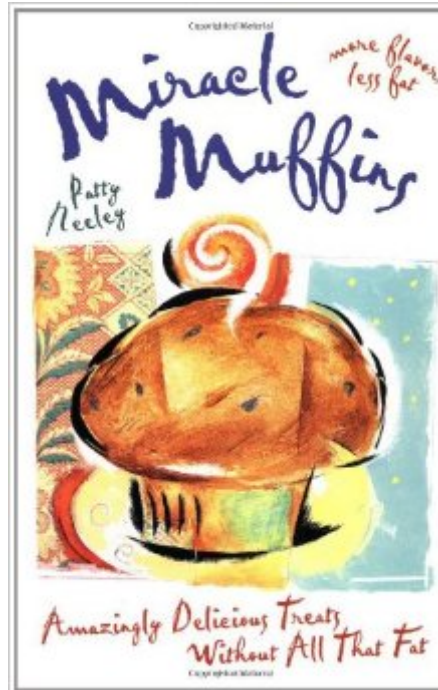


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# Miracle Muffins: Amazingly Delicious Treats Without All That Fat



## Synopsis

A delicious, healthy breakfast is only a few steps away! Did you know that a typical bakery blueberry muffin contains up to 500 calories and 36 grams of fat? Is it possible to make delicious morning treats without all that fat? Yes, it is! Amazingly, you can cut the fat without resorting to bland artificial substitutes for the flavorful ingredients you crave: real eggs, sugar, and chocolate. Patty Neeley has again shown us how to make healthy food taste delicious. Following up on the success of *Sweet Deceptions*, Neeley has written the ultimate guide to baking flavorful lowfat muffins and other breakfast treats. *Miracle Muffins* is filled with delectable recipes and wonderful tips to make the morning meal the best one of the day. Classic, fruity, savory, and cake-like muffins abound, including: • Blueberry Streusel Muffins (only 167 calories and 3 grams of fat) • Almond Poppy-Seed Muffins • Raisin Bran Muffins • Pumpkin Spice Muffins • Parmesan and Fresh Herb Muffins *Miracle Muffins* also contains recipes for other heavenly treats such as scones, breakfast breads, coffee cakes, waffles, and syrups. With the nutritional analysis following each recipe, it is easy to see exactly how much fat and how many calories you are cutting by trying these lowfat innovations. Neeley also includes a chapter on baking tips, utensils, and ingredients to help even the beginning baker create delicious treats every time.

## Book Information

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## Customer Reviews

This is a great little muffin book packed with over 100 delicious foolproof recipes. About half are for muffins. Although some exotic ingredients are used, most of the recipes are quick & easy to make. Recipes have between 3-6 grams of fat, though most contain 4-5 grams. This may seem a little

high, but the muffins are a bit larger than most. Baking papers are filled to top, producing nice round muffins. Recipes include a wide variety of muffins including those with fruit, savory ones, & coffee cake style. Scones, waffles, hotcakes, breakfast breads, syrups & spreads are also included. The book also discusses equipment & ingredients. Many useful hints & tips are included as well. One of my favorite recipes is the Parmesan & fresh herb muffins. I also love the banana drop scones & strawberry topping.

This is a wonderful little book chock full of healthy and tasty low fat and low sugar recipes. My family especially loves the easy-to-make scones, in all the different varieties. I wanted to buy another copy for my grown daughter, but it is no longer available. I'm hoping that the publisher will reprint more copies.

I have to admit, I'm addicted to muffins! I wanted to lose weight without giving them up and this book allowed me to do just that. It contains the absolute best recipes I've ever tried. When I want a sure winner, which is often, this book is my first choice. Don't be afraid to experiment, these recipes allow you to make substitutions. If I don't have low-fat ricotta cheese, I use low or non-fat yogurt. I also substitute the oil with applesauce. If you prefer whole grains like I do, use whole wheat pastry flour. Patty Keely's formula is outstanding. You can't go wrong!

Not only a wonderful assortment of muffin recipes, but also a "Part Two/Other Heavenly Treats" featuring waffles, scones, syrups, and more. The first recipe I tried from the book was "Basic Buttermilk Waffles" because I had all the ingredients on hand, most of which are in any pantry plus the buttermilk, and they were tops. I've tried many waffle recipes for my machine, and now I've found the best. Same goes for the muffins..."Plain Jaynes" are the best muffins ever! Plain but yummy as cupcakes. The "Molasses-Oatmeal muffins" were great too. These also freeze well. From the Savory Muffins chapter I made "Corn and Pepper Jack Cheese muffins" (substituting Mexican Cheese blend), they came out so good - a perfect side dish for my chili. I'm on a roll baking with this book; I think I'll make everything in it!! I wish I could thank the author, although I don't see an author page for her. She has also included baking tips and anecdotes that are enjoyable to read.

I bought this book thinking it would have Healthy MUFFIN Recipes. I found there were only a portion of muffin recipes; instead, there were Scones, Pancakes & Breads recipes. I was quite disappointed.

I'd actually rate this book a 3.5, because of several reasons. The recipes have provided nutrition facts, and are low fat. However, I would not recommend this book to anybody with diabetes, unless they can make numerous substitutions in the recipes. Even though the muffins are low fat, there are only a few whole grain recipes, and yet only a small fraction of the flour in those are not refined; however I use all white whole wheat flour and they turn out fine. There is also way more sugar in these than normal muffins, such a 2 cups for a medium sized batch of 12. I can honestly say that I can reduce the sugar by a lot, like 1/2 to 1/4 cups per recipe and it is still to sweet for my tastes. Finally, the scone recipes include shortening, which often contains trans fat unless you use non hydrogenated shortening. This cookbook has no pictures. There are also scone, bread, cupcake, and cake recipes included throughout the book. All in all, the recipes are good (not great) for those who are counting their fat and calorie intake. For those of us who are truly health conscious, we need to tweak the recipes a bit.

This book has the BEST recipes for not only muffins, but scones, pancakes and waffles. The Buttermilk Pancakes are the best - my kids love them! "Miracle Muffins" is also great for teaching your kids how to bake and how to use healthy ingredients. All 4 of my kids (including my 14 year old son) love this cookbook. We've used it so much it's stained with oil, flour and the binding is ready to crack! You will love this book - I highly recommend it!

I can't remember how long ago I bought this little muffin book but I practically use it EVERY week! The recipes are easy to follow and easy to translate points for Weight Watchers. Each muffin is 3-4 WW points. I just got diagnosed with high triglycerides and am THRILLED that I can still use this book. I am currently making the Buttermilk Pancakes. I would recommend it to anyone especially beginning bakers because of it's simplicity.

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