



Miracle Muffins: Amazingly Delicious Treats Without All That Fat

Patty Neeley

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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.

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