



## Trim & Terrific One-Dish Favorites: Over 200 Fast & Easy Low-Fat Recipes

*Holly Clegg*

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**Trim & Terrific One-Dish Favorites: Over 200 Fast & Easy Low-Fat Recipes** Holly Clegg  
Sixty Sweet and Savory Recipes...From Old Favorites to New

by Elizabeth Alston

Illustrations by Sally Sturman

Everyone loves muffins. Simple to make, homey, and delicious, muffins can be served at just about any meal -- breakfast, tea time, brunch or lunch, or even dinner. Here are recipes for classics such as blueberry, bran, and corn as well as interesting new combinations like sour cream jalapeno corn, cottage cheese and dill, Oregon hazelnut and fig, pumpkin chocolate chip, fresh lemon and ginger, and raspberry almond. As a nutritious afterschool snack with milk or a delightfully different accompaniment to a Sunday roast, there are sweet and savory muffins for every taste.

Recipes are also included for English muffins, low-calorie and special-diet muffins, and wonderful butters, spreads, and preserves. There's even a recipe for an easy "make-ahead" batter to keep on hand for instant muffin baking. The author gives tips on all the basics of muffin-making and many serving suggestions too.

For all muffin lovers, this is an indispensable cookbook to have on the shelf.



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