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## The Muffin Man

*Dee Hill-Mey, Valerie Mey*

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#4438892 in Books 2014-12-26Original language:English 8.50 x .17 x 8.50l, #File Name: 149486193372 pages | File size: 31.Mb

**Dee Hill-Mey, Valerie Mey : The Muffin Man** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Muffin Man:

The Muffin Man cookbook started over 5 years ago creating muffin recipes using conventional cooking methods and ingredients. We knew there could be a healthier option to the store bought muffins which typically contained excessive amount of processed sugar and other not so healthy ingredients. We wanted to see if we could make equally delicious muffins using little or no sugar. As described in our stories, we experienced the benefits of removing gluten from our diets and together we decided to convert our recipes to gluten, dairy and processed sugar free. Through these past 3 years we have worked diligently to perfect their flour combinations and believe we have created the tastiest and healthiest gluten, dairy and processed sugar free muffins you will ever try. In this cookbook you will find our stories and rationale for going gluten, dairy and sugar free. We summarize the ingredients you will want to have available in your pantry and discuss the nutritional value of these ingredients. Also, you will find the nutrition facts of each muffin including calories, fat calories, carbohydrates, proteins, fats and natural sugar amounts. Our recipes are seasonal as we believe it is healthiest to eat what is in season. We give you several 'add-in' options with each recipes

allowing for more variety and fun when you cook.