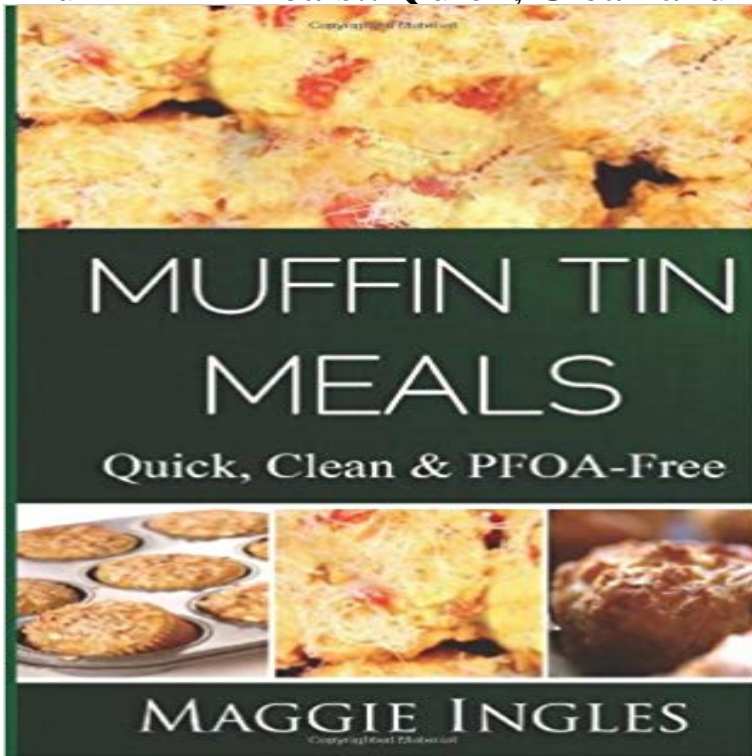


## Muffin Tin Meals:: Quick, Clean and PFOA-Free



I put these recipes together when I realized that I was overeating, putting my family at risk with nonstick pans and wasting precious time washing dishes. Muffin tin recipes were the perfect solution for all of my problems! I only make what we need, spend much less time with the dishes and more with my family. Here are some of the reasons why everyone should put these recipes into their cooking rotation: Cut cleanup time in half or get rid of it all together. Cut out dangerous fumes from your cooking routine. Nonstick pans have a dangerous chemical coating called perfluorooctanoic acid (PFOA) that can be fatal to birds; most other pets and even negatively affects those with respiratory illnesses. Make portion perfect meals. Know exactly how much you are eating. Cook for the week ahead. Leftover portions are easy to pack up and freeze for another day because they are so small.

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