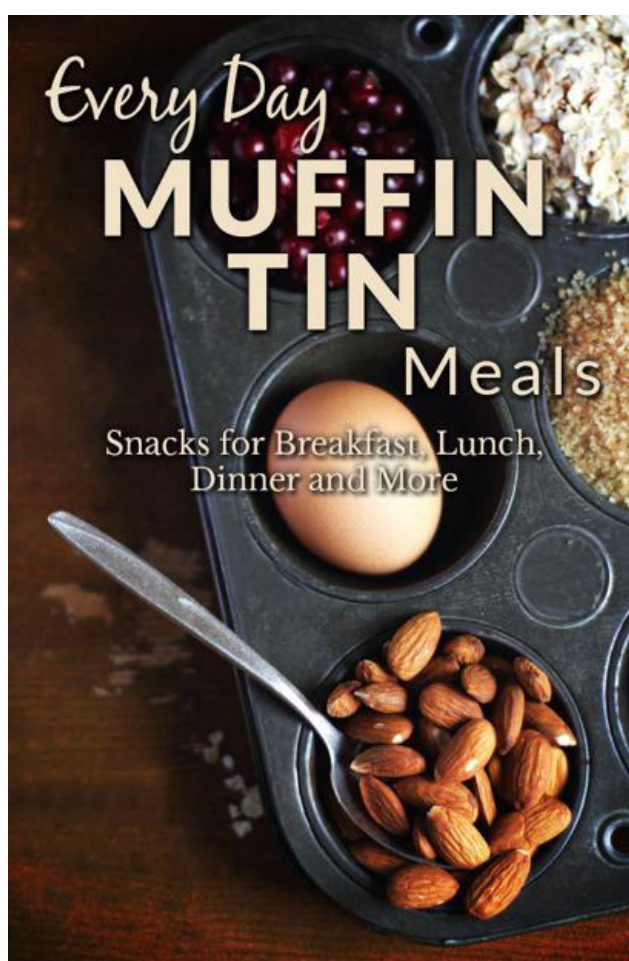


Every Day
**MUFFIN
TIN**
Meals

Snacks for Breakfast, Lunch,
Dinner and More



Every Day Muffin Tin

Recipes

The Complete Guide For Breakfast, Lunch, Dinner, and More

Ranae Richoux

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What You Need To Know About Muffin Tin Recipes

Introduction

Muffin tins have been around for ages. Chances are that if you enjoy baking, have kids, or deal with a lot of company, you'll have a muffin tin somewhere in your kitchen. The most common thing to do with muffin tins is bake cupcakes and muffins, hence the name. However, if you view the muffin tin as more of a cooking instrument, your options suddenly increase from just muffins and cupcakes to all sorts of foods. In this book, we'll discuss some of the options available to you as well as your options when it comes to muffin tins.

Muffin tins can be a finicky piece of cookware, not to mention the many available varieties of muffin tins that you can find in a store. Let's walk through a few of the varieties of muffin tins before we get into any health benefits.

First, the material of the muffin tins must be discussed. There are several options as you can see when you're looking to buy one, but which one is right? There's muffin tins made out of aluminum, cast iron, silicone, and stainless steel. On top of that, you can buy muffin tins with a non-stick coating.

In general, we've found that a muffin tin made out of steel with a non-stick coating works best. You'll still need to lightly grease the pan/muffin liners but the results are much better with a non-stick pan. We've also found that a darker pan results in more even heat distribution. So to summarize, you should find a darker, stainless steel, non-stick pan. You don't need to spend a lot, but ensuring these conditions are met is key to enjoying your muffin tin meal to the fullest. When it comes to silicone muffin trays, you'll want to use them for recipes you need to cool in the fridge. They may not heat as well as the stainless steel muffin trays, but the silicone muffin trays are flexible enough to pop out any frozen desserts you might have.

As for the benefits of muffin tin meals, I highly doubt you thought there were any. However, there are quite a few benefits that should be discussed.

Health Benefits

There are several benefits to eating meals in muffin tins. When you eat meals from a muffin tin, you tend to have smaller portion sizes, more efficient cooking, and even some better tasting dishes. We'll explain exactly how all of that is possible and the actual effects of such benefits as well.

Smaller Portion Sizes

With muffin tin meals, the main source of health benefits come from a smaller portion size. You can make a whole tray of a particular muffin tin meal and watch as they're devoured. However, if you make a particular amount, it keeps portion sizes small. This works extremely effectively with desserts since you'll then be consuming less processed foods, but it also works well with regular meals.

Your sodium intake, blood sugar levels, fat intake, processed sugar intake, and more will all drop with muffin tin desserts. The result of this is a lower risk of heart disease, increased cardiovascular health, lower risk of developing Type 2 diabetes, and a lower risk of developing certain cancers as well.

By making regular muffin tin meals (such as lunch), you're decreasing portion sizes that are on the plate. It's been shown that we'll eat more just because there may be more on the plate, so by reducing portion size, you're reducing overeating, a lower fat intake, and lower sodium intake. If you combine muffin tin meals with vegetables, fruits, and other healthy sides, you'll also balance out your whole family's diet and especially your children's diets.

The reason low salt intake and a balanced diet are important is because the minimum human requirement for human sodium consumption is approximately 500 mg a day. Most people actually consume approximately six times that amount. Having a large daily salt intake can result in diseases like stroke, high blood pressure, cardiovascular problems, and hypertension. It is almost universally agreed that the amount of salt in the average person's diet needs to be decreased.

The most effective way to keep these two elements in a good balance is to eat lots of fruits and vegetables. Bananas, grapes, oranges, and leafy green vegetables⁰ are just a few examples of sides for a muffin tin meal that can help you reduce the risk of heart attacks, strokes, high blood pressure, and other cardiovascular diseases

More Efficient Cooking

When it comes to cooking, conventional cooking can take quite a while. Whether you have to wait for something to cook in the oven, on the stove, or you don't like zapping your food with the microwave, muffin tin meals are an ideal solution to these problems. Why is that? Because with muffin tins, the amount of time required to cook most meals is reduced drastically.

With more surface area of your food exposed to the heat in the oven and more surface area of your food exposed to the stainless steel/cast iron/material of the muffin tin, your food cooks faster.

This also helps with your bill since the oven won't be on as consistently long. Not to mention that on a warm summer's day, your oven won't be heating up the whole kitchen unnecessarily and you won't have to feel like your kitchen is a sauna!

More Delicious Food!

If we come back to the idea of muffin tin meals being exposed to more heat over the time that they're cooking, it's natural to see that these muffin tin meals will also result in a higher quality food in general.

When your muffin tin meal is sitting in the oven, because more surface area of your food is exposed to the heat, your muffin tin meal will be cooked more evenly than if it's in a loaf or pan. Not only that, when cooking with a muffin tin, the juices and oil are all contained within every bite for more consistent deliciousness. . . .

Caution to Muffin Tin Beginners

Starting to make muffin tin meals isn't without a few reservations, especially when dealing with desserts.

Portions

I know we just said smaller portion sizes are a great thing. However, eating smaller portion sizes means you have to watch how much you eat.

It's extremely easy to forget that just because it's smaller, doesn't mean it can't be more. The best way to solve this is to cook with a regular amount that you would usually cook with and divvy up the portions accordingly. Just make sure to put one less or a half less portion in everyone's plate if you feel like smaller portions would be a good idea. Compensating with a bit of extra green vegetables (which fill your stomach faster) is a good idea as well.

This applies doubly when making desserts. Watching everyone's portions is essential to keeping healthy.

All in all, muffin tin meals can be extremely fun and satisfying. Not only will your kids or guests have more fun eating, but you might actually get more help cooking since it's so easy it could be considered fun. Check out our other books for more meal and ingredient ideas, and remember, follow us on Facebook or sign up to our mailing list for more free eBooks. Now have fun with these recipes and email us at culinarycanary@gmail.com for feedback or suggestions for our next book.

Muffin Tin Recipes

Strawberry Granola Parfait



Yield: 12

Time: 40 minutes

This recipe is a great way for you to enjoy a breakfast or brunch snack that can be prepared fairly easily. Not only do you get the health benefits of eating oats and nuts in the granola, you also get a good source of dairy and fruit as well.

Ingredients:

1 1/4 cups rolled oats (not the instant variety)

1/3 cup wheat germ

1/2 cup chopped almonds

1/3 cup pine nuts, coarsely chopped

1/2 cup raisins

1/2 cup chopped dried apricots

1 teaspoon lemon zest

3/4 teaspoon cinnamon

1/4 teaspoon allspice

1/2 teaspoon salt

1 large egg

1/2 cup maple syrup

1/4 cup melted coconut oil or other oil of choice

3/4 cup plain low fat Greek yogurt

2 tablespoons strawberry puree

Few strawberries (to garnish)

Instructions:

1. Preheat oven to 350°F. Grease 12 medium muffin molds and line them if necessary.
2. Mix together the oats, wheat germ, almonds, pine nuts, raisins, apricots, lemon zest, cinnamon, allspice, and salt in a large bowl.
3. In another bowl, lightly beat egg; then add honey and oil. Beat gently till mixed.
4. Now, fold in the wet ingredients to the dry mix until to form a moist mix that just holds together.
5. Divide mixture into 12 parts, place one part in the muffin mold. Start pressing down the mixture in the centre and work outwards to get a granola "bowl". (Dip your fingers in water before starting to prevent the mixture from sticking to your hands)Make sure the bowl is uniformly thick. Repeat for the remaining mixture.
6. Bake for about 20 minutes, or until the edges start to brown. Allow to cool down for several minutes and gently unmold. These can be stored in an airtight container for a couple of days.
7. Whisk together the yogurt and strawberry puree.
8. Just before serving, spoon some yogurt into the granola bowl. Top with fresh, chopped strawberries. Serve immediately or the yogurt bowls will become soggy.

Oatcakes



Yield: 12

Time:40 minutes

Cupcakes are something that adults and kids can enjoy equally. However, these oatcakes are less of a baked good and more of a breakfast food that's convenient and can be made for several days' breakfasts all at once. Using honey and dried cranberries as a sweetener also keeps this dish very low in processed sugar.

Ingredients:

1 cup Irish oats (Do not use rolled oats for this recipe)

½ cup cranberries (dried)

1/3 cup almonds

1/3 cup sunflower seeds, shelled

1/3 cup ground flax seed

1 teaspoon cinnamon (divided)

½ teaspoon nutmeg

¼ teaspoon salt

2 large eggs

1 ½ cup low-fat milk

¼ cup peanut butter

1 small apple, finely chopped

1/3 cup honey

Instructions:

1. Soak oats in sufficient water overnight in a refrigerator.
2. Preheat oven to 375° F. Grease 12 medium sized muffin moulds.
3. Drain all oats well and place in a large bowl Add dried cranberries, almonds, sunflower seeds, flaxseed, 1/2 teaspoon of cinnamon, nutmeg, and salt.
4. In a separate bowl, beat eggs lightly. Then add milk and peanut butter. Whisk well till combined.
5. Now, add the dry ingredients to wet and mix well.
6. In another bowl, sprinkle the remaining cinnamon over the apple and toss to combine.
7. Spoon the oat mixture evenly among 12 muffin cups.
8. Then top each with the cinnamon spiced apples.
9. Cook for 20 minutes, or until a toothpick inserted in the centre comes out clean.
10. Serve with a generous drizzle of honey.

Two Bite Apple Cider Muffins



Yield: 24 servings

Time: 45 minutes

If you love the taste of apple cider, you'll love the taste of these Two Bite Apple Cider Muffins! Forego those sugary cereals and serve these with a fruit and some milk for your kids. You can vary these Two Bite Muffins to add variety for your kids by removing the apple cider from the recipe and using your own ingredients (maybe some more maple syrup, or maybe some juiced fruits).

Ingredients:

2 cups self-rising flour

1/2 tsp salt

2 teaspoons cinnamon

1 large egg

2/3 cup granulated white sugar

1/2 cup apple butter

1 teaspoon vanilla extract

1/3 cup maple syrup

1/3 cup apple cider

1/4 cup low fat Greek yogurt

2 Tablespoon vegetable oil (or any flavorless oil)

2 Tablespoon unsalted butter

1/4 cup sugar

1 Tablespoon cinnamon

Instructions:

1. Preheat oven to 400°F. Grease a mini muffin pan with oil.

2. In a large bowl, mix together the dry ingredients – flour, salt, and cinnamon.

3. In another large bowl, whisk beat eggs till frothy, then add sugar, apple butter, vanilla extract, maple syrup, apple cider, yogurt, and oil. Whisk thoroughly.

4. Pour the wet ingredients into the dry ingredient mixture and whisk until just incorporated. Do not over-mix.

5. Fill each muffin well 3/4 of the way with batter. Bake for 10-12 minutes and cool on a wire rack.

6. While muffins are still warm, melt butter. Mix cinnamon and sugar in a shallow dish.

7. Lightly brush melted butter onto the top of each muffin, and then dip the top of the muffin in the cinnamon sugar mixture. You could also roll the muffin in the cinnamon sugar to coat the sides.

Frittatas in a Cup



Yield :6

Time:35 minutes

Here's a more traditional breakfast that the whole family can enjoy. You can add your own ingredients to the frittata mixture, but starting off with a base of eggs, parmesan cheese, and ricotta cheese is a good idea. It allows you to master the fundamental while also allowing a lot of variety to add to your muffin tin.

Ingredients:

4 large eggs

2 tablespoons ricotta cheese

1/4 teaspoon salt

A pinch of pepper

3-4 slices prosciutto, cut into strips

1/4 cup grated parmesan cheese

1 tablespoon cilantro, chopped

Instructions:

1. Heat the oven to 375°F. Lightly grease 6 muffin molds with oil.
2. In a bowl, whisk together eggs, ricotta cheese, salt and pepper until mixture is smooth. Mix in the parmesan, prosciutto and cilantro.
3. Fill 6 muffin molds almost to the top.
4. Bake for about 20-25 minutes, until tops are puffed and golden brown.
5. Serve with desired toppings (cherry tomatoes, parsley, etc.)
6. Can be stored for up to a week in the fridge.

Pancake Mix Muffins



Yield: 24 muffins

Time: 30 minutes

Pancakes are a favorite breakfast of many, and we would be remiss if we didn't include a way to have some great pancakes in muffin tin form. There's nothing too fancy about these but again, if you're looking for variability, feel free to add berries, chocolate chips, or all types of toppings that you would regularly add to a pancake. Have some fun with these!

Ingredients:

1 cup low fat milk

1 cup all-purpose flour

6 large eggs

1/4 cup vegetable oil

1 tablespoon maple syrup

Salt, to taste

Instructions:

1. Preheat oven to 400°F. Grease and line your muffin molds.
2. Whisk all the ingredients until you get a smooth mix.
1. Pour the mix into greased muffin tins (about $\frac{3}{4}$ th of the way).
2. Bake them for about 15 minutes, or until puffy and golden on top.
3. Use a knife to loosen the muffins around the edges to unmold.
4. The muffins tend to deflate as they cool, and resemble a cup.
5. Drizzle with maple syrup before serving.

Caesar Salad in a Cup



Yield: 12 servings

Time: 30 minutes

If you're looking for a light snack to prepare or to really blow people's mind with a salad, this recipe is perfect. We start off by making a muffin cup made out of croutons and then filling the cup with a Caesar salad. This dish is an awesome one to make if you're trying to impress or make a few of your friends jealous of your natural cooking skills.

Ingredients

12 slices whole wheat bread (cut very thin)
3 tablespoons extra virgin olive oil
4 cloves garlic, finely chopped
1 tablespoon dried basil

1 tablespoon each dried oregano

Fresh ground pepper, to taste
3 cups diced chilled Romaine lettuce
¼ cup chilled Caesar salad dressing
¼ cup grated Parmesan cheese

Instructions:

1. Preheat oven to 375°F. Grease the muffin pan with a little olive oil.
2. Remove crusts from the bread slices and into approximately 4 inch squares.
3. Lightly brush both sides of bread squares with oil. Sprinkle a mixture of the garlic and herbs over both sides of bread squares.
4. Press squares into each muffin cup, overlapping slightly to form the crouton cup.
5. Bake for 12 to 15 minutes, until crisp and golden. Monitor closely to prevent burning. Remove from oven and let cool.
6. For the Caesar salad, toss the lettuce with the Caesar dressing, then spoon into bread cups. Sprinkle grated cheese on.

Spinach Cups



Yield: 10 cups

Time:25 minutes

These Spinach Cups are a good way to get your daily vegetables in without eating salads all day. Add to that the taste of these thanks to the cheese, eggs, and garlic powder, and you can bet that these Spinach Cups will definitely be gone before you can even turn around.

Ingredients:

1 bunch spinach leaves, and finely chopped (8 to 10 cups)

1/2 cup low fat cream cheese

1/2 cup cheddar/mozzarella cheese, grated

2 large eggs, lightly beaten

1 onion, finely chopped

½ teaspoon garlic powder

1/2 tablespoon miso paste, (optional)

1 teaspoon dried basil

1 teaspoon lemon zest

1/4 teaspoon nutmeg

1/4 teaspoon dried paprika (or to taste)

3 tablespoons sesame seeds

Instructions:

1. Preheat oven to 400°F. Brush 10 medium sized muffin cups lightly with oil.
2. In a large bowl whisk eggs lightly, add low fat cream cheese, cheddar cheese, onion, garlic, miso paste, basil, lemon zest, nutmeg and paprika. Mix well to get an even batter.
3. Divide muffin cups and bake 20 minutes. Cool down for several minutes before unmolding.
4. Meanwhile, toast sesame seeds on a skillet over medium heat for 2-3 minutes until golden.
5. Sprinkle toasted sesame seeds on spinach cups to serve.

Crab Cakes



Yield: 25

Time: 45 minutes

Whether you're at a cocktail party or just feel like you want to be at one, these Crab Cakes are a great addition to your snack making recipe reservoir. These would be great to dip in a homemade dipping sauce. Now all you need is a fancy butler to serve them.

Ingredients:

8 ounces mayonnaise
1 cup Parmesan cheese, divided
1 large egg
1/4 cup sour cream
1/2 teaspoon ginger, finely chopped
1/2 teaspoon lemon zest
1/4 teaspoon salt
1/2 teaspoon dried chili flakes
6 ounces fresh lump crabmeat, picked over, patted dry, coarsely shredded
1-1/2 cups bread crumbs, dried in oven
1/2 cup canola oil
1/2 cup scallions, finely chopped (divided)

Instructions:

1. Preheat oven to 350°F. Lightly brush the mini muffin mold with oil.
2. Whisk together eggs with 1/4 cup Parmesan. Beat in mayonnaise, sour cream, lemon zest, ginger, 4 teaspoons chopped scallions, salt and chili flakes.
3. Fold in crabmeat. (This can be made a day in advance and kept covered in the fridge).
4. Toss together 1-1/2 cups bread crumbs, remaining Parmesan and rest of the chopped scallions in a bowl. Drizzle with oil; mix with a fork until evenly moistened.
5. Place one heaped tablespoon of the breadcrumb mixture into bottom of each muffin cup press firmly to form a well. Spoon in 1 generous tablespoon of crab mixture into each cup. Sprinkle more breadcrumb mixture over each.
6. Then, bake until golden on top and set (this takes about 20 minutes).
7. Cool in pan 5 minutes. Gently lift and unmold with a fork onto a serving platter.

Cupcorn Dogs



Yield: 48

Time: 50 minutes

Here's a really creative twist on a regular ol' corndog that will have your kids and their friends buzzing. You'll be saving money and also keeping your kids healthier by avoiding all kinds of processing that regular corn dogs go through.

Ingredients:

1/2 cup melted butter
1/2 cup sugar
2 large eggs
1 cup buttermilk
1 cup cornmeal
1 cup self raising flour
1/2 teaspoon salt
8-10 all-beef hot dogs, cut into 1" chunks

Instructions:

1. Preheat oven to 375°F. Spray a mini muffin pan with non-stick spray
2. In a large bowl whisk together butter and sugar in a bowl, till the mixture turns pale and fluffy.
3. Add eggs and whisk till blended. Then whisk in buttermilk.
4. Stir cornmeal with flour in another bowl, add salt. Add to wet ingredients in two batches, folding the batter till well incorporated.
5. Fill each mini muffin cup three fourths of the way with batter. Place one hot dog chunk on each cup.
6. Bake for 8-12 minutes, or until cornbread is golden brown.
7. Cool in pan for 5 minutes before serving.
8. Store in the refrigerator, and re-heat for 20-30 seconds in the microwave before serving.

Pizza-in-a-cup



Yield: 12-16 servings

Time: 70 minutes

There are two types of people in this world: People who love pizza and liars. Since pizza's such a popular dish, we thought it would be a good idea to teach our readers how to make Pizza in a Cup. This brings a whole new spin to the idea of a personal pizza. Add whatever toppings you and your guests might desire and enjoy.

Ingredients

Vegetable Oil, for muffin pan

All-purpose flour, for rolling

1/2 pound homemade or store-bought pizza dough,

Coarse salt and ground pepper

1/2 cup shredded mozzarella (4 ounces)

1 /2 cup cherry tomatoes, halved

Pizza toppings - vegetables, pineapple and ham, or pepperoni, grilled chicken

Dried oregano, chilli flakes – to taste

Instructions

1. **Preheat oven to 450 degrees. Lightly brush 6 medium sized muffin cups with oil.**

- 2. Divide pizza dough into 6 equal parts. Roll out each part to a 6-inch circle on a lightly floured work surface.**
- 3. Place one dough round in each muffin cup, gently press down the bottom and sides of cup. Season it with salt and pepper.**
4. Sprinkle a little cheese onto the bottom of each cup, then spoon in your topping. Place cherry tomatoes on top sprinkle dried oregano and chilli flakes.
5. Spread another tablespoon of grated cheese on top.
6. Bake until dough is golden and crisp and the cheese on top has nicely melted. (Takes about 12 minutes). Allow to cool for a minute or so before removing from cup.
7. Serve hot. Makes 6 pizzas-in-a-cup.

Personal Lasagne



Yield: 12

Time:30 minutes

Lasagne is another fun dish that everyone loves. It's also another dish that if you can cook in a muffin tin, will have people talking about it for the novelty and presentation alone. If you have your own secret recipe for lasagna, don't be afraid to tweak this one but this is a good start.

Ingredients:

12 oz finely shredded chicken
1 tablespoon olive oil (for cooking)
½ cup shallots, chopped
1/2 cup chopped mushrooms
1/4 teaspoon salt
1/4 teaspoon pepper
1 (15 oz) can tomato puree
2 garlic cloves, finely chopped
1 1/2 teaspoons dried oregano, divided
pinch chilli flakes
1 1/2 cups ricotta cheese
1/2 teaspoon dried basil
24 wonton wrappers
1 1/2 cups shredded mozzarella cheese

Instructions:

1. Preheat oven to 375 F. Spray a 12-cup muffin tin generously with non-stick cooking spray.
2. Heat oil in a large skillet over medium heat. Add chopped shallots, sauté till they turn pale pink, add chopped garlic, and cook for half a minute just until fragrant.
3. Then add the shredded chicken, mushrooms, salt, and pepper. Cook for about 10 minutes, or until the chicken has browned slightly.
4. Add the tomato puree, 1 teaspoon of the oregano, and chilli flakes, and stir well. Season with salt and pepper if desired. Bring the sauce to a gentle boil on medium to high heat, then reduce the heat and simmer for 10 minutes. Remove from the heat and keep aside.
5. Stir together the ricotta, the remaining oregano and basil.
6. Gently press 1 wonton wrapper into the bottom and sides of each well of the muffin pan.
7. Take half of the ricotta mixture, divide it among the wells of the pan equally, and press down the ricotta cheese into an even layer.
8. Working with half of the tomato sauce, spoon it evenly among the wells of the pan. Tap the pan gently to get an even surface.
9. Sprinkle 2 teaspoons of grated mozzarella atop each mini lasagna. Press another wonton wrapper onto each mini lasagna. Repeat the layers using the remaining ricotta mixture, followed by the remaining half of the tomato sauce ending with two teaspoons of mozzarella in each cup.
10. Bake for 10 minutes, or until the cheese is melted and bubbling.
11. Cool the muffin pan to a wire rack for a few minutes before removing the mini lasagne. Serve hot.

Spaghetti Bowls



Yield : 12

Time: 40 minutes

Here's another classic that is easy to make and should be a part of your muffin tin recipes. Using some cheese to more solidly hold the pasta together, these are a great idea for dinner since they're something your children and family would eat anyways, but it's also a new spin on the classic pasta dish which keeps it new.

Ingredients:

10 ounces Whole Wheat Spaghetti

1/2 cup grated low fat Cheddar Cheese

1 cup low fat cream cheese

Olive Oil

1/4 teaspoon Pepper

1/2 teaspoon onion powder

¼ teaspoon garlic powder

½ teaspoon dried basil

1 large bay leaf

Crushed red pepper, to taste

Salt, to taste

Fresh basil, for garnish

Instructions:

1. Pre heat oven to 425 F, place the rack in the center of the oven. Lightly spray Muffin tins with olive oil or non-stick cooking spray.
2. Cook pasta al dente, according to directions, drain all but 1/2 cup of cooking liquid.
3. Toss cooked pasta with a splash of olive oil, all spices and seasonings. Add some of the reserved cooking liquid if needed. (Handle the spaghetti gently to prevent breaking so you can twirl it into nests).
4. Mix cream cheese with cheddar cheese in a bowl and add most of it to the spaghetti (Reserve some to top each nest). Mix gently.
5. Twirl spaghetti with a fork and place in muffin tins creating 'nest' shapes. Top each nest with a bit of the cottage cheese mixture.
6. Bake for about 10 minutes till the tops of the nests are lightly browned and a crispy.
7. Allow to cool for a few minutes, then gently loosen spaghetti nests from muffin tins with a spatula and serve. Top with parmesan & fresh basil. Serve immediately.

Chicken Pot Pie



Yield: 12

Time: 45 minutes

When someone asks for you to make Chicken Pot Pie or you want to make it yourself, your first idea isn't to pull out the muffin tin. However with this recipe, you'll be able to make just that.

Ingredients

- 1 chicken breast, poached and diced**
- 1/4 (3.5 oz) can chicken stock**
- 1/2 cup white sauce**
- 1 cup mixed vegetables (frozen)**
- 1 cup shredded cheddar cheese**
- 1 Tablespoon mix of dried basil, thyme and savoury**
- 1 small onion finely chopped**
- 1 teaspoon garlic powder**
- Salt, to taste**
- 10 oz readymade pie crust**

Instructions:

- 1. Preheat your oven to 400°F. Lightly grease a 12-cup muffin tin with butter or oil.**
- 2. Roll out pie crust into 6 inch circles, place one circle in each muffin well, press down the bottom and sides.**
- 3. In a large bowl, add the cooked chicken, white sauce, frozen veggies, cheese, herbs and spices. Mix well to combine. If the mixture is too thick, add a little chicken stock.**
- 4. Spoon the pot pie mixture into each pie cup.**
- 5. Bake for about 15 minutes, checking at 12 min to make sure the crusts bake well.**
- 6. . Rest for about 3 minutes, serve hot.**

Pastry Burgers



Yield: 12

Time: 50 minutes

This is one recipe that should be made as a surprise for the family. When they're ready to eat and taste this at their plates, you'll be showered with compliments for at least one night. These unique burgers capture the essence of muffin tin meals perfectly.

Ingredients:

1 1/2 lb lean (at least 80%) ground beef

1/2 cup tomato ketchup

1/3 cup dill pickles

2 tablespoons Dijon mustard

4 oz cream cheese (half of 8-oz package)

2 medium onions finely chopped

1/2 teaspoon salt

1/2 teaspoon fresh ground black pepper

1 can (16.3 oz) Pillsbury® Grands® refrigerated biscuits (8 biscuits)

1 Egg

1 teaspoon water

2 tablespoons sesame seed

Instructions:

1. Heat oven to 350°F.
2. In large skillet, cook and occasionally stir beef over medium heat for 10 minutes until it is cooked. Drain.
3. Stir in ketchup, pickles, mustard, cream cheese, onions, salt and pepper. Cook about 5 minutes, stirring occasionally, until cheese is melted and mixture is creamy. Simmer on low heat.
4. Using a serrated knife, split each refrigerated biscuit in half horizontally. Press 1 biscuit half to form a 4-inch round. Press round to the bottom of each ungreased non-stick muffin well to get a shallow cup.
5. Spoon the beef mixture evenly into biscuit cups. Place the remaining biscuit halves on top; stretch them slightly to cover beef mixture and gently press down the edges to seal.
6. In small bowl, beat together egg and water until well blended; brush this lightly on top biscuits and Sprinkle with sesame seeds.
7. Bake 15 to 20 minutes or until tops are golden brown. Cool in pan for few minutes before serving.

Mexican Muffin Tin



Yield:12 servings

Time: 1 hour

Many people tend to mix up their daily dinners with a “Mexican Night” where they’ll have tacos, burritos, quesadillas, etc. With this recipe, you’re mixing it up just a step further by making tacos in a cup. Everyone’s been trying to solve the dilemma of how to have a taco that doesn’t have everything fall out. Here’s one way to experiment.

Ingredients:

1 pound chicken breast minced

1 medium onion, diced

1 large jalapeno, diced

¾ cup chicken stock

1 tablespoon Mexican Seasoning

12 flour tortillas

2 cups shredded cheddar cheese

Shredded lettuce and diced tomatoes for topping.

Instructions

1. Preheated oven at 350°F. Lightly spray medium size muffin molds with non-stick spray.
2. In a skillet, sauté the diced onion and jalapeno and add the chicken and seasoning. Toss to coat evenly. Cook for 15 to 20 minutes on high heat till the juices run clear. Add stock, simmer for 10 min while stirring.
3. Heat the mixture on high and add water; reduce and let simmer on med/low for about 10 minutes. Stir occasionally to prevent sticking.
4. Cut 4-inch diameter circles out of the flour tortillas using a pizza cutter.
5. Wrap tortilla circles, 3 to 4 at a time, in a wet paper towel and microwave for 30 seconds to soften.
6. Press the circles into a lightly greased muffin tin.
7. Add a layer of shredded cheese in the bottom, about 2 tablespoons of chicken mixture, then top with cheese.
8. Bake for 20 minutes. Rest for few minutes before unmolding. Garnish with lettuce and tomato.

Mexican seasoning (for 1 pound ground beef)

2 teaspoons chilli powder

1 teaspoon ground pepper

½ teaspoon ground cumin

¼ teaspoon oregano

1 tsp garlic powder

A pinch of salt, if desired

Extra Chocolate Chip Cookies



Yield: 12

Time: 50 minutes

When it comes to desserts, muffin tins are an essential bake ware item. However, instead of giving you the same old recipes about cupcakes and muffins, we decided to switch it up. Our first dessert is one that will have you crowned as a genius. Melted chocolate inside a chocolate chip cookie shell? This one's a recipe that your kids will beg you to make again and again and one that I personally enjoyed very much.

Ingredients:

1/2 cup (1 stick) butter, softened
1/2 cup granulated white sugar
1 large egg
1/2 tablespoon vanilla extract
1 3/4 cups (210 grams) all purpose flour
1/2 teaspoon salt
1 teaspoon baking powder

11.5 oz cooking chocolate, roughly chopped

1 cup milk chocolate chips

Instructions:

1. Preheat oven to 350 degrees F. Spray a standard size muffin tin with non-stick cooking spray.
2. Melt the chocolate by placing in microwave for 30 seconds – 1 minute on high power.
3. With an electric mixer, cream together the butter and sugars until pale and fluffy. Add egg and vanilla and beat until combined.
4. In a separate bowl, whisk together the dry ingredients (flour, salt, and baking soda). Fold into to the wet ingredients until just combined. Stir in the chocolate chips
5. Take half the cookie dough, use about 2 tablespoons of dough, flatten it with the palms of your hand, place at the bottom of the muffin well to form a shallow cup.
6. Spoon in a layer of the melted chocolate, being careful to keep the chocolate confined to the cup.
7. Flatten the remaining dough into little circles; place them on the chocolate layer.
8. Bake at 350°F for 15-20 minutes, until the edges are just browned. Remove from the oven, run a knife around the edges to loosen the cookies. Cool completely before removing from the muffin tin.

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Strawberry Pie Cup



Yields:8-10

Time: 55 minutes

Do you love the flaky crust of a pie but sometimes feel like you'd want just a teensy bit more with your slice of pie? Here's a solution to that while also keeping your portion size down when it comes to desserts. This Strawberry Pie Cup is extremely delicious and can also be made into different pies based on your preference. Get creative!

Ingredients

Pie crust (You could use readymade pie crust or make your own from the recipe below)

2 1/2 cups flour

1 teaspoon salt

1 cup cold unsalted butter, cubed

1/4 cup ice cold water,

1 tsp lemon juice

Filling

2 lbs of strawberries, roughly chopped

- 1/2 cup sugar

- Juice of half a lemon

- 2 tbsp water

- 1 tsp cornstarch

- 1 tbsp ice water

Instructions

For the pie crust

1. Combine flour and salt in the food processor. Add chilled butter, and pulse until mixture resembles coarse crumbs. (To mix by hand, combine dry ingredients in a large mixing bowl, then tips of fingers to rub the butter and flour together, working quickly so as not to warm up the ingredients).
2. Add the lemon juice to the water; then add this to the flour in a thin stream while the processor is running, just until dough holds together without being wet or sticky. Do not process more than 30 seconds. If the dough is still too crumbly, add a bit more water, 1 tablespoon at a time.
3. Tip dough onto a clean surface. Shape into a flat disk about 1/4 inches thick. Wrap in plastic, and refrigerate at least 1 hour or overnight.

Strawberry pie filling:

1. In a thick bottom saucepan place the strawberries, sugar, lemon juice and water
2. Bring to a boil then simmer for about 15 minutes.
3. In a small bowl mix cornstarch and ice water to form a smooth runny paste.
4. Bring the strawberry filling to a boil again and quickly stir in the cornstarch paste. The mixture quickly starts to thicken.
5. Remove from heat and allow to cool. Cover with plastic wrap on to avoid a seal forming on the top. Once the filling is cooled completely, refrigerate until ready to use.

To assemble

1. Preheat oven to 375°F.
2. Roll out the dough to about 1/8 of an inch thickness, cut out 3 inch diameter circles.
3. Press them into the cupcake molds
4. Spoon in the cooled strawberry filling.
5. Bake 30 minutes or so until the pastry is crispy and golden brown on the sides.
6. Allow the pies to cool down in the pan for 10 minutes before unmolding
7. Serve with a dollop of whipped cream.

S'more cups



Yields: 8-12 servings

Time: 45 minutes

Here's another one of my favorite dessert recipes that eschews the traditional use of muffin tins and creates something that everyone is guaranteed to enjoy. Usually the only time to have S'mores is over a campfire or out of a box, but surprise your kids with this one after they've been really good and watch their faces light up.

Ingredients

2 cups digestive / whole meal biscuit crumbs

3/4 cups butter, melted

1/3 cups sugar

3 cups mini marshmallows

2 cups semi-sweet chocolate, coarsely chopped

Instructions

1. Preheat oven to 400°F. Grease a medium sized muffin pan with butter.
2. Combine crumbs, butter and sugar in a large bowl to get crumbly, dough like mix.
3. In another bowl, mix chocolate chips and mini marshmallows. Set aside.
4. Using half the crumb mixture, spoon a generous amount into each muffin cup. Gently press down to form a 'well'. Bake at 400°F for 10 minutes.
5. Remove from oven and add the marshmallows and chocolate mix. Spoon the remaining crumb mixture on top. Even out the surface with a spatula.
6. Bake at 400°F for 10 minutes. Cool completely before removing from muffin tin.



Peanut Butter Cups

Yield:40

Time:1 hour

Peanut butter cups are a favorite candy for kids and it's hard not to find several of these in your kids' Halloween bags. With this recipe, you can make enough Peanut Butter Cups to treat your kids when they're good, incentivize them, and generally get your family to do exactly what you want. How does a nice day of relaxing while the dishes and laundry are already done sound?

Ingredients:

1¼ cups all-purpose flour

¾ teaspoon baking soda

½ teaspoon salt

½ cup unsalted butter, at room temperature

½ cup peanut butter, plus more for garnish

1 cup brown sugar, packed (divided)

1 egg

1 teaspoon vanilla extract

1 cup milk chocolate, chopped

Instructions:

1. Preheat oven to 350 degrees F.
2. In a small bowl, mix the dry ingredients (flour, baking soda and salt).
3. In the bowl of your electric mixer, beat together the butter, peanut butter and sugar on medium speed until light and fluffy. Scrape down the sides of the bowl as needed.
4. Add the egg and vanilla and whisk to combine.
5. Now, fold in the dry ingredients with a rubber spatula and mix until just combined.
6. Shape the dough into 1-inch balls and place in the cups of a miniature muffin pan (do not press into the pan).
7. Bake for 8 to 10 minutes, or until light golden brown and slightly puffy.
8. Remove from the oven and allow to cool for 10 minutes.
9. In the meanwhile, melt the chocolate in the microwave on high power for 30 seconds to a minute .Spoon a little melted chocolate onto the still warm muffin. Top it off with a dab of peanut butter.
10. Cool for 10 more minutes. Unmold and let cool completely.

Oreo Cheesecake Cups



Yield: 12

Time: 45 minutes

Everyone loves cheesecake, and with this recipe you can make your own delicious version of an Oreo cheesecake. You know what they say, buy a person a cheesecake and they'll eat cheesecake for a day; teach a person how to make cheesecake and they'll eat cheesecake forever!

Ingredients:

12 Oreo Cookies

8oz. Greek style yogurt or strained yogurt

1/4 cup caster sugar

1 egg

1/2 teaspoon vanilla

1/4 cup chopped walnuts

1/4 cup mini chocolate chips

1/2 cup Caramel sauce

Instructions

1. Preheat oven to 325°F. Line a muffin tin with paper liners.
2. Place one Oreo cookie at the bottom of each well and set aside.
3. In a large bowl, whip yogurt and sugar together until smooth and creamy. Beat in egg and vanilla. Scrape sides if required.
4. Pour cheesecake batter evenly over Oreos.
5. Top with walnuts and chocolate chips. Bake for about 15 minutes or until completely set. Bring to room temperature.
6. Carefully remove paper liners and refrigerate until cold.
7. Serve warm, garnished with caramel sauce.
8. Makes 9-12 individual cheesecakes.

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