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MUFFINS TO SLIM BY: FAST LOW-CARB, GLUTEN-FREE BREAD MUFFIN RECIPES TO MIX AND MICROWAVE IN A MUG



Mufn Books, United States, 2013. Paperback. Book Condition: New. M L Smith (illustrator). 251 x 201 mm. Language: English . Brand New Book ***** Print on Demand *****.The Original Low Carb Minute Muffin Cookbook for weight loss, diabetic sugar-free diets. Dozens and dozens of single-serving recipes bundled into a banquet of nutritious breads and muffins - as low as 0 net carbs! From Sweet (introducing luscious fruit substitutes) - to Savory to Meals in a Muffin, these innovative mix-in-a-mug recipes...

Read PDF Muffins to Slim by: Fast Low-Carb, Gluten-Free Bread Muffin Recipes to Mix and Microwave in a Mug

- Authored by Em Elless
- Released at 2013



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