

Download Muffins Delicious Inexpensive Recipes

Breakfast

One reader, Kim, left a comment months ago sharing that she'd made my Breakfast Cake recipe into muffins instead of baking the batter into a cake. Sweet Breakfast Recipes. A "sweet" low-carb low-sugar breakfast simply means a meal with a relatively sweet taste to it. The fact that a meal is sweet doesn't always mean that it is high in carbs. Is it possible that muffins can be both delicious and healthy? These Banana Oatmeal Muffins prove it! Breakfast is a very important meal of the day because it often sets the tone for how you'll feel and how you'll perform. It took 23 seconds to blend up the 5 ingredients for my muffins. They are so easy to make, taste great and are gluten free too!