

2 in 1 muffin & mini cake cups

10 exclusive recipes for small pizzas,
muffins, & tartlets.



Have fun with these versatile WW muffin & mini cake cups.

These multipurpose baking cups are ideal to make all kinds of muffins and rolls—plus, just fold the edges over and you have mini cake cups, too!

Use them to make snacks for every occasion, with our exclusively developed 5 sweet and 5 savory WW recipes.

These 2 in 1 muffin and mini cake cups are likely to become one of your favorite kitchen accessories. Time to get started...choose your first recipe and get baking!

Instructions

These 2 in 1 muffin and mini cake cups are made of 100% platinum silicone, which can withstand much higher temperatures than other types of silicone.

Tips for use

- It is important to grease the cups with nonstick spray before using them for the first time. After that, it will no longer be necessary, except if a recipe requires it.
- These cups can be used for standard-size muffins (in the recipes in this guide, this is called the “muffin position”), or the edges can be folded over to make mini cakes or rolls (in the recipes in this guide, this is called the “mini cake position”).

Precautions for use

- Very high temperature resistance: -40°F to +350°F.
- Suitable for use in the freezer, microwave, and oven.
- Do not use on a grill.
- Do not use in direct contact with a flame or other heat source.
- Do not use sharp knives in direct contact with the silicone.
- Do not place empty baking cups in the oven.

Care instructions

- We recommend handwashing the cups for best results, though they are dishwasher-safe.
- Do not use abrasive powders, creams, or soaps.
- Do not use metal sponges or scouring pads.

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2 0 0 SmartPoints® listed on each recipe are per portion



Gluten-free recipes that are labeled as gluten-free include ingredients that naturally do not contain gluten, but they may also contain processed products, such as sauces, stock cubes, and spice mixes. If so, you should ensure that those products do not include any gluten-containing ingredients (wheat, barley, or rye)—these will be highlighted in the ingredients list on the product label. Manufacturers may also indicate whether there is a chance their product may have been accidentally contaminated with gluten during the manufacturing process. For more information and guidance on gluten-free products, visit www.coeliac.org.uk. Nut-free recipes displaying a nut-free symbol include ingredients that do not contain nuts, but may include ingredients produced in facilities that also handle nut products. If you have a nut allergy, check ingredients labels for more information. Dairy-free recipes displaying a dairy-free symbol include ingredients that naturally do not contain dairy, but may include ingredients produced in facilities that also handle dairy products. If you have a dairy allergy, check ingredients labels for more information.

Cauliflower pizzas

Prep 15 min / Bake 20 min / Serves 6



- 1 cup cauliflower rice
- 1 egg
- 2 tbsp grated Parmesan
- 3 tbsp tomato purée
- 1½ tsp dried oregano
- 1½ small white mushrooms, sliced
- 6 mini mozzarella balls (about 3g each)
- 3 cherry tomatoes, halved
- 1 handful of arugula

1. Preheat oven to 350°F. In a medium bowl, mix cauliflower rice, egg, and cheese to combine.
2. Fold baking cups over to the mini cake position. Divide cauliflower rice mixture among cups. Press down firmly.
3. Bake until tops start to brown, 15 to 20 minutes.
4. Brush cauliflower crusts with tomato purée and sprinkle with oregano. Top with mushrooms and mozzarella balls. Continue to bake until mozzarella is slightly melted, about 8 minutes longer.
5. Decorate pizzas with tomatoes and arugula.



Winter vegetable & chickpea swirl tartlets

Prep 20 min / Bake 25 min / Serves 6

2 0 0



$\frac{3}{4}$ cup chickpeas, rinsed and drained, divided

1 egg

$\frac{1}{4}$ cup plain nonfat Greek yogurt

2 tbsp whole-wheat flour

$\frac{1}{2}$ tsp cumin seeds or $\frac{3}{4}$ tsp ground cumin

A variety of sturdy, colorful vegetables, such as carrots, turnips, and/or beetroot

$\frac{3}{4}$ tsp sesame oil

$\frac{3}{4}$ tsp soy sauce

Handful of cilantro, chopped

1. Preheat oven to 350°F. Set aside 8 chickpeas for decoration.

2. In a food processor, pulse remaining chickpeas until roughly chopped. Add egg, yogurt, flour, and cumin. Blend until smooth.

3. Fold baking cups over to the mini cake position. Divide chickpea mixture among cups.

4. With a mandoline or vegetable peeler, make long, thin slices of desired vegetables.

5. Insert vegetable ribbons into chickpea mixture, forming a tight spiral or swirl pattern, starting from the outside and working in. Arrange reserved 8 chickpeas in center of tartlets. Brush ribbons with oil and soy sauce.

6. Bake tartlets until vegetable ribbons start to turn brown, 20 to 25 minutes. Let cool before removing from cups. Sprinkle tartlets with cilantro.



Cheesy egg muffins

Prep 15 min / Bake 25 min / Serves 6



Nonstick spray

- ¾ cup plain nonfat Greek yogurt**
- ¾ cup self-rising flour**
- 3 tbsp grated Parmesan**
- 6 eggs**
- 6 grape tomatoes, diced**
- ¼ tsp salt**
- ¼ tsp black pepper**
- 1½ tsp chopped chives**

1. Preheat oven to 350°F. In a medium bowl, mix yogurt and flour until combined. Knead with your hands until dough is firm and no longer sticky.
2. Portion dough into 6 pieces. Press each piece to a flat disk.
3. Spray baking cups (in muffin position) with nonstick spray and sprinkle with Parmesan.
4. Press each dough disk into bottom and up sides of cups.
5. Into each cup, crack 1 egg. Sprinkle with tomatoes, salt, and pepper.
6. Bake muffins until egg whites are firm and yolk is still soft, 20 to 25 minutes.
7. Remove muffins from cups. Top with chives and serve warm.

Veggie & cheese egg bites

Prep 15 min / Bake 30 min / Serves 6



Nonstick spray

- 3 eggs**
- ¼ cup fat-free milk**
- Pinch of salt**
- Pinch of black pepper**
- ⅓ cup diced zucchini**
- 2 tbsp diced red bell pepper**
- 1 tbsp diced red onion**
- ⅓ cup shredded cheddar**

1. Preheat oven to 350°F. Lightly spray baking cups (in muffin position) with nonstick spray.
2. In a medium bowl, whisk together eggs, milk, salt, and pepper until combined.
3. Divide zucchini, bell pepper, and onion among cups. Evenly pour egg mixture over. Sprinkle with cheese.
4. Bake until eggs are puffy, firm, and slightly golden brown, 25 to 30 minutes.

Cheesy herb pinwheels

Prep 15 min / Bake 35 min / Serves 6

2 2 2



- ½ cup plain nonfat Greek yogurt**
- ½ cup self-rising flour, plus more for surface**
- 1 tbsp mascarpone**

Bunch of chopped herbs (we used parsley)

1. Preheat oven to 350°F. In a medium bowl, mix yogurt and flour until combined. Knead with your hands until dough is firm and no longer sticky.
2. On a floured work surface, roll dough to a 12 x 12-inch square.
3. Gently spread mascarpone over dough. Sprinkle with desired amount of herbs.
4. Cut dough into 6 strips. Starting at one end, roll each strip into a pinwheel shape.
5. Fold baking cups over to the mini cake position. In each cup, arrange dough with the swirl side facing up.
6. Bake rolls until golden brown, 30 to 35 minutes.



Banana scones

Prep 5 min / Bake 30 min / Serves 6

1 0 0



2 large bananas

2 eggs

$\frac{3}{4}$ tsp baking powder

1. Preheat oven to 350°F. In a medium bowl, mash bananas and eggs until combined. Stir in baking powder.

2. Fold baking cups over to the mini cake position. Divide banana mixture among cups.

3. Bake scones until golden brown, 25 to 30 minutes.

4. Let cool slightly before removing from cups. Serve warm.



Fruit & oat muffins

Prep 10 min / Bake 30 min / Serves 6

4 3 2



- 1 small apple
- 2 eggs
- 2 tbsp brown sugar
- 1 cup plain nonfat Greek yogurt
- 2 tsp fat-free milk
- ½ cup old-fashioned oats
- 2 tbsp chopped dried apricots
- 2 tbsp dried cranberries
- 1 tsp baking powder
- Pinch of ground cinnamon

1. Grate apple. With a clean kitchen towel, squeeze apple to extract as much liquid as possible.
2. In a medium bowl, whisk eggs and brown sugar until foamy. Add yogurt and milk; mix well to combine.
3. Fold in apple, oats, apricots, cranberries, baking powder, and cinnamon.
4. Divide batter among baking cups (in muffin position).
5. Bake muffins until golden brown, 25 to 30 minutes. Enjoy warm for breakfast.



Rose apple tartlets

Prep 25 min / Bake 30 min / Serves 6

4 4 4



- 1 egg
- 2 tbsp almond flour
- 1 tbsp sugar
- 2 tsp plain nonfat Greek yogurt

Pinch of ground cinnamon

- 2 small apples, unpeeled

Juice of ½ lemon

3.25 oz puff pastry (you may need more to properly cut out the circles)

- 2 tsp maple syrup

1. Preheat oven to 350°F. In a medium bowl, whisk egg, flour, sugar, yogurt, and cinnamon until combined.
2. Cut apples in half; remove core. With a mandoline or sharp knife, very thinly slice.
3. Transfer apple slices to a small bowl. Squeeze lemon juice over apples to stop them from going brown.
4. Cut pastry into 6 (3-inch-diameter) circles (about ½ oz each). Fold baking cups over to the mini cake position. Arrange dough circles in cups.
5. Pour egg mixture over dough. In egg mixture, arrange apple slices upright, starting from the outside to form a rose shape. Brush apple slices with maple syrup.
6. Bake tartlets until edges of apple slices are light brown, about 30 minutes.
7. On a wire rack, let cool slightly. Serve warm.



Chocolate-oat cakes

Prep 20 min / Bake 15 min / Serves 6

6 5 5



½ cup dried red or green lentils

1 tbsp maple syrup

¼ cup dark chocolate chips

1 egg

¼ cup whole-wheat flour

¾ tsp unsweetened dark cocoa powder

¼ cup old-fashioned oats

1 tbsp unsalted butter

1 tbsp brown sugar

1. Preheat oven to 350°F. Cook lentils according to package instructions.

2. Transfer lentils to a food processor and pulse to a paste. Add maple syrup and pulse to combine.

3. Transfer lentil purée to a large microwave-safe bowl. Add chocolate chips and heat in the microwave for 30 seconds, then stir to combine. If the chocolate has not melted completely, continue to microwave for a few seconds, then stir again.

4. Whisk egg into lentil mixture until well combined.

5. Add flour and cocoa powder and stir to combine. Fold baking cups over to the mini cake position. Divide batter among cups.

6. In another medium bowl, mix oats, butter, and brown sugar to combine. Spoon oat mixture on top of chocolate base. Press down slightly so oats penetrate the chocolate base and adhere.

7. Bake until a tester inserted into the center of a cake comes out clean and oats are lightly toasted, 12 to 15 minutes.

8. Let cool slightly before removing from cups. Enjoy warm.



Chocolate chip muffins

Prep 15 min / Bake 30 min / Serves 6

5 5 4



- 2 small zucchini**
- 1 egg**
- 2 tbsp brown sugar**
- ¼ cup plain nonfat Greek yogurt**
- ¼ cup old-fashioned oats, divided**
- ⅔ cup whole-wheat flour**
- 2 tbsp dark chocolate chips**
- 1½ tsp baking powder**
- 1 tbsp light butter, room temperature**
- 1½ tsp maple syrup**

- 1.** Preheat oven to 350°F. Grate zucchini. In a clean kitchen towel, squeeze zucchini to extract as much liquid as possible.
- 2.** In a medium bowl, vigorously whisk egg and brown sugar until well combined.
- 3.** Add yogurt, 2 tbsp oats, and grated zucchini and mix well to combine.
- 4.** Fold in flour, chocolate chips, and baking powder. Divide among baking cups (in muffin position).
- 5.** In a small bowl, mix butter, maple syrup, and remaining 2 tbsp oats until combined. Top batter with oat mixture.
- 6.** Bake until golden brown, 25 to 30 minutes.



