

# Muffin Meals By Allison Worrell

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## Authors cookbook dedicated to their mothers, aids

Julia Vradelis and Allison Worrell, both from Eastern North Carolina, have recently published a cookbook unlike any others. *Muffin Meals*, published by Tate

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## Press release article - crystal coast hospice

Julia Vradelis and Allison Worrell, the authors of *Muffin Meals*, dedicate proceeds from sales of the cookbook to SECU Crystal Coast Hospice House to remember loved ones.

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## Muffin meals by julia vradelis and allison

Sep 07, 2014 Book Trailer for Julia Vradelis and Allison Worrell, A Tate Publishing Author

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## Julia eckert vradelis | linkedin

"Muffin Meals" is a new way of thinking about cooking. My co-author, Allison Worrell, and I wrote this cookbook with busy Moms in mind. Our book is filled with

## Allison arnault, dvm | veterinarians in morehead

Dr. Allison Arnault was born in Daytona Dr. Worrell and Dr. Arnault live in Morehead City with their two *Muffin Meals* was written with busy moms in

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## Muffin meals cookbook | linkedin

*Muffin Meals Cookbook* has complete, easy to make, meals that you make in your Muffin Pan. They are perfectly portioned, easy to freeze or take on the go!

## Crystal coast hospice house | press releases

Press releases from Crystal Coast Hospice House inpatient palliative care facility in Carteret Julia Vradelis and Allison Worrell, the authors of *Muffin Meals*,

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Houston, TX - Everyone loves a muffin for breakfast, but what about lunch and dinner? Julia Vradelis and Allison Worrell, authors of Muffin Meals, have created  
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### **Julia vradelis, allison worrell**

Julia Vradelis, Allison Worrell Muffin Meals Publisher: Tate Publishing (March 18, 2014) Language: English Pages: 164 ISBN: 978-1629024998 Size: 21.98 MB  
Domain: zjxdpdf.stepsforwardny.com File: /muffin-meals-julia-vradelis-75997256.pdf

### **Julia vradelis and allison worrell, " muffin meals**

Julia Vradelis and Allison Worrell, "Muffin Meals" on Jul 7, 2014 in New Bern, NC at The Next Chapter.  
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Muffin Meals by Julia Vradelis, Allison Worrell starting at \$14.13. Muffin Meals has 1 available editions to buy at Alibris

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Muffin Meals Cookbook has complete, easy to make, The authors, Julia Vradelis and Allison Worrell, live on the East Coast and have been long time friends.

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### **Death, why not? by p.j. hunt-williams - youtube**

Sep 07, 2014 Book Trailer for P.J. Hunt-Williams, A Tate Publishing Author.

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### **Books: muffin meals (paperback) by julia vradelis,**

Author: Julia Vradelis, Allison Worrell, Title: Muffin Meals (Paperback), Publisher: Tate Publishing, Category: Books, ISBN: 9781629024998, Price: \$19.12, Release

Domain: [www.tower.com](http://www.tower.com) File: /muffin-meals-julia-vradelis-paperback/wapi/124698194

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Sunday Spins for 4/27/2014. Julia Vradelis and Allison Worrell as they premiere their new cookbook Muffin Meals .

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### **Calendar of events - houston chronicle**

centralmarket.com. Authors Julia Vradelis and Allison Worrell will sign copies of their cookbook "Muffin Meals" (Tate Home-About Houston Chronicle)  
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### **Muffin meals: amazon.it: julia vradelis, allison**

I recently purchased Muffin Meals and love it! I never buy a cookbook without photos and this has color photos of every recipe. Easy to make but they look beautiful.  
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### **Muffin meals - about | facebook**

Muffin Meals. 1,167 likes 24 talking about this. Complete, easy-to-make Meals made in a Muffin Pan

### **Allison worrell (author of muffin meals)**

Allison Worrell is the author of Muffin Meals (5.00 avg rating, 1 rating, 0 reviews, published 2014)  
Domain: www.goodreads.com File: /author/show/7837561.Allison\_Worrell

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