

MUFFIN TIN MANIA

PROVING GREAT THINGS COME IN SMALL PACKAGES



- [Home](#)
- [About the Mania](#)
- [Why Muffin Tins?](#)
- [Essential Gear](#)
- [Muffin Tin Challenge](#)
- [Tips and Tricks](#)
- [Contact](#)
- [Magazine Articles](#)
- [Recipe Archive](#)

SATURDAY, AUGUST 28, 2010

Sardine Cakes with Grilled Peach Salsa

Featured Ingredient: Canned Sardines



In my opinion, canned sardines are one of the most neglected foods in the grocery store. If you think you hate them, give these swimmers a try again and sample a few different brands as they can have different tastes. One of the best options out there is the wild caught California sardines from [Wild Planet](#).

Here's why you should eat more sardines:

SEARCH MUFFIN TIN MANIA

powered by Google™

EMAIL SUBSCRIPTION

Never miss a recipe. Subscribe to Muffin Tin Mania by email:

Delivered by [FeedBurner](#)

SUBSCRIBE TO MUFFIN TIN MANIA