MUFFIN TOP
A Love Story

GIRLS NIGHT IN PARTY KIT

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Welcome
Welcome, everyone, to our Muffin Top Girls’ Night IN of a Lifetime!

Cathryn Michon here, director, co-writer and one of the stars of Muffin Top: A Love Story.

Our body image rom com Muffin Top: A Love Story was made by a lot of really talented women, and some amazing enlightened males. We have the first all-female soundtrack of a romantic comedy in film history! I am so glad that you want to join us in celebrating it with a Girls’ Night In party with some of your BFFs, or just one of your BFFs, or maybe you are watching this film with the most important BFF of all: YOU!

Make one of our amazing popcorn recipes and settle in! Muffin Top: A Love Story is a romantic comedy about learning to embrace your TRUE beauty right now, not five pounds from now.

This party kit was lovingly put together by some of the very same Kickstarter supporters who financed a ten-city red carpet tour of Muffin Top: A Love Story. These recipes and party ideas are from the heart, and were created by actual supporters of this movie, who wanted to help you make a party to celebrate how amazing you and your friends are. The theme song for the opening of OUR film Muffin Top has these lyrics: “I don’t want to be someone else, I only want to be myself, I feel alive, I feel alive and I am beautiful!”

I hope that’s the way you will feel at the end of Muffin Top, and the end of your party. You are beautiful! Right now! Have another cupcake!

Love Hurts, Cake Helps.

Also, if you like, may I humbly suggest that at your party, you consider passing the high-heeled shoe for everyone to throw in a few dollars for my favorite charity, Girls Inc. The Miss America Pageant is the largest giver of scholarships to women in the U.S. Girls Inc. comes in second, but they don’t make girls strip and work a runway to be scholars. Amazing women have come out of the Miss America organization, but I for one don’t think you should have to walk around in a bikini to get money to go to school.

Muffin Top is not just a movie; it’s a “Movie-Ment!” Team Muffin Top supports women having self-esteem, celebrating their true beauty, supporting each other and also the idea that even though Hollywood only lets women play major roles in 15% of studio movies, women are 52% of movie ticket buyers, and our stories deserve to be told on screen. Women are important, and
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should not be reduced to being some cute girl who stands by, admiring the latest superhero who flies around in his underwear.

I hope our kit will help you have fun, celebrate the female (and enlightened male!) friendships in your life, eat and drink and laugh and cry with your friends as you enjoy this movie.

And remember, the most important love story of all is the one you have with yourself. If there is one thing I learned in this life, it was that I didn’t find true love until I truly loved myself. I wish love to all of you, because, YOU ARE BEAUTIFUL! RIGHT NOW!

Enjoy watching me expose my own muffin top in the cold light of day! Be happy now, not five pounds from now. That’s the message of our movie.

With Love,

Cathryn Michon
Writer/Director/Actor
Muffin Top: A Love Story
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Acknowledgements
Just like any epic production, a lot of people put time and effort into this fun kit. People contributed recipes, ideas and photos. And thank goodness we’re not listing all the taste-testers here, or this would go on forever. Here are a few of the many generous people who helped bring you this party-planning kit.

♦ Chief Enlightened Male and Co-Writer W. Bruce Cameron

♦ Wizard of Everything—Seriously!—Elliott Crowe

♦ Vegan Vagenius Kristopher Dukes

♦ Culinary Khaleesi, Beverage Babe and Document Doyenne Mindy Wells Hoffbauer

♦ Grrl Genius, Director, Co-Writer and Actor Cathryn Michon

♦ Seal Team Six Muffin Commander, Decorator and Kick-Ass Tiara Maker Monica Perkins

♦ Wickedly Creative Chef and Photographer Jaimi Smith

And a big shout-out to all those selfless tasters who sampled countless versions of muffins, beverages, chili and corn muffins until these recipes were so good, we just had to share them with you!
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Real Food
By “real food,” we mean something delicious to serve your guests that isn’t a boozy muffin or a cocktail. Not that there’s anything wrong with boozy muffins and fabulous cocktails—we love them!—but just in case you’re in the mood for something a bit more substantial, here’s a recipe for chocolate chili (yes, you read that right!), and a couple versions of cheesy crabby corn muffins that really hit the spot. And can you really have a proper movie night without at least contemplating some popcorn?

Grrl Genius Five-Alarm Hunky Firefighter Chocolate Chili
This recipe was originally Bruce’s, and then his wife, Cathryn, made it even more amazing by adding a chocolate twist, and finally Jaimi created a third version, which is listed and pictured below. Isn’t that how all great recipes go? You get a good one and then everybody adds a new twist. So start with this one as a baseline and then make your own changes to suit yourself and your friends.

The Goods

♦ 1 large chopped green pepper
♦ 1 large chopped red pepper
♦ 2 medium Jalapeno peppers, chopped finely
♦ 2 Anaheim peppers, whole (or 1 ancho pepper)
♦ 1 large chopped sweet onion
♦ 6 peeled garlic cloves
♦ 4 tablespoons olive oil
♦ 2 pounds ground turkey, beef, or bison
♦ 2 chopped tomatoes
♦ 3 12-ounce cans tomato paste (or tomato sauce)
♦ 2 cans kidney beans
♦ 4 cups water (if using tomato sauce instead of paste, reduce water to 2 cups)
♦ 2 tablespoons ground cumin powder
♦ 2 tablespoons ground chili powder
♦ ½ teaspoon cayenne pepper
♦ ¾ teaspoon salt
♦ 2 bay leaves
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- 4 heaping tablespoons Godiva Dark Chocolate Truffle hot cocoa mix (or 2 tablespoons unsweetened cocoa and 2 tablespoons white sugar)
- Chopped red onion (optional, for garnish)
- Sour cream (optional, for garnish)
- Shredded cheddar cheese (optional, for garnish)

The Method

1. Sauté all peppers (except the Anaheims), the chopped onion and the whole garlic cloves in the olive oil until soft.
2. Brown ground meat.
3. Drain fat and add meat to peppers.
4. Put mixture into large stewpot.
5. Slice bottom half inch off Anaheim peppers.
6. Add chopped fresh tomatoes, Anaheim peppers, tomato paste, kidney beans, water, and all spices, including chocolate mixture.
7. Cover and simmer for at least one hour. It’s better if you cook it longer, and even better the next day.
8. Garnish and serve.

Serves 8 to 10
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I’m So Crabby Savory Muffins
Jaimi created both this savory version as well as the following spicy version.

The Goods

♦ 2/3 cup flaked Krab (artificial crab meat)
♦ 1/2 cup Philadelphia whipped chive cream cheese
♦ 1/2 green onion chopped
♦ Sprinkle grated cheddar cheese
♦ Pinch of salt and pepper
♦ Jiffy Corn Muffin Mix
♦ 1 egg
♦ 1/3 cup milk

The Method

1. Preheat oven to 400°F.
2. Mix all savory ingredients together.
3. Prepare corn muffins per box.
4. Fill muffin cups 2/3 full.
5. Tap pan on counter to get air bubbles out.
6. Spoon Krab mixture on each muffin.
7. Sprinkle cheddar cheese on top.
8. Bake 15-17 minutes until golden brown.
9. Cool on wire rack for five minutes. Serve warm.

Makes 6 muffins
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I’m So Crabby Spicy Muffins
Jaimi also came up with a spicy version of the I’m So Crabby. Good luck deciding which one to make. You better make both the savory and the spicy, just to be safe.

The Goods

- 2/3 cup of flaked Krab
- 1/2 cup Philadelphia whipped original cream cheese
- 1/2 green onion, chopped
- Sprinkle of grated cheddar cheese
- Pinch of salt and pepper
- Approximately 24 drops of Sriracha Sauce or to taste
- Jiffy Corn Muffin Mix
- 1 egg
- 1/3 cup of milk

The Method

1. Preheat oven to 400°F.
2. Mix all savory ingredients together.
3. Prepare the corn muffins per box.
4. Fill muffin cups 2/3 full.
5. Tap pan on counter to get air bubbles out.
6. Spoon Krab mixture on each muffin.
7. Sprinkle cheddar cheese on top.
8. Bake 15-17 minutes until golden brown.
9. Cool on wire rack for five minutes. Serve warm.

Makes 6 muffins
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Popcorn!
Few foods scream “movie night” more than popcorn. Here are just a few of our favorite recipes.

Bacon-Parmesan-Truffle Popcorn
What smells even more mouth-watering than popcorn? How about bacon and popcorn? Sprinkle in some parmesan cheese and just a hint of truffle salt and you may just be introducing your friends to their next favorite movie treat.

The Goods

- 8 cups popped popcorn
- 4 slices bacon, cooked, drained and crumbled
- 1 stick (8 tablespoons) butter, melted
- 1 teaspoon truffle salt
- ½ cup finely grated parmesan cheese

The Method

1. Place popcorn into a large serving bowl.
2. Add cooked, crumbled bacon to popcorn.
3. Pour butter over popcorn.
4. Sprinkle with truffle salt and parmesan and then mix to combine. Best when served warm.

Caramel Corn
This recipe was inspired by Alton Brown’s microwave caramel corn recipe. It’s a real crowd-pleaser and comes out well every time!

The Goods

- ½ cup popcorn kernels
- 1 small flat-bottomed paper sack (lunch bag-sized)
- ¼ cup (½ stick) butter
- ½ cup brown sugar, preferably dark
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- 2 tablespoons corn syrup
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda (not baking powder)
- 1 large, clean paper sack (grocery bag-sized)
- 2 staples

The Method

1. Add popcorn kernels to small paper sack.
2. Fold top of bag over 1/2” twice and then staple on each side.
   Only use two staples, no more, no fewer. And yes, I realize I’m asking you to put metal in your microwave, but trust me, this works. Alton explained the science behind why this works, and it sounded reasonable, so I trusted him and then promptly forgot the reasoning. It’s the same scientific property, though, of why you can nuke a teabag with a tiny staple holding the tag onto the string.
3. Microwave the bag of kernels for about three minutes (adjust for your microwave) until the corn is popped.
4. Separate and discard the unpopped kernels, and then set aside the popped corn.
5. In a glass bowl or large Pyrex cup (2-4 cup size works great), add butter, brown sugar, corn syrup and salt (all the rest of the ingredients except the baking soda).
6. Microwave for 60 seconds, stirring at the 30-second interval.
7. Remove from the microwave, add the baking soda, and mix thoroughly. As you stir, the mixture will lighten in color, as air is incorporated into the mixture.
8. Place the popped corn in the large paper bag.
   If you know you’re planning on making this ahead of time, ask for an unused paper sack while you’re in the checkout lane. If you’re making this on a whim, you may want to lightly wipe out the inside of a grocery sack with a barely damp sponge. Whatever you do, though, make sure the receipt isn’t still stuck inside the bag.
9. Pour the caramel mixture into the large bag on top of the popcorn, fold down the top of the bag and shake vigorously.
10. With the top folded down (no need to staple this time), microwave the large bag for 30 seconds, then shake vigorously again.
11. Pour the mixture out onto a non-stick cookie sheet until mixture has dried and set.
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Sesame Popcorn
Looking for something a little more sophisticated with an Asian twist? Look no further!

The Goods

- 8 cups popped popcorn
- 1 teaspoon toasted sesame oil
- 1 teaspoon sesame seeds, light, black or a mixture

The Method

1. Toss the popcorn with the oil until evenly distributed.
2. Add sesame seeds and toss again.

Tex-Mex Popcorn
How about this spicy treat?

The Goods

- 8 cups popped popcorn
- 1 teaspoon garlic-infused olive oil
- Fresh chopped cilantro, to taste
- 1/4 teaspoon crystallized lime (True Lime) or zest of one lime
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon red pepper flakes
- Gourmet sea salt, to taste

The Method

1. Toss popcorn with oil until evenly distributed.
2. In a small bowl, mix remaining ingredients, adding more or less, depending upon your taste.
3. Add seasonings to popcorn, tossing until evenly coated.
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Muffin Top Muffins!
I mean sure, you could have a Muffin Top Girls’ Night In party without muffins, but really, why would you?

Chocolate CocoMuff Surprise
Monica swears these are as delicious as they are easy to make.

The Goods

♦ 1 box devils food/chocolate fudge any chocolate cake mix
♦ Rum
♦ 8 ounces cream cheese, softened
♦ 4 tablespoons unsalted butter
♦ 2 1/4 cups powdered sugar
♦ 1/8 teaspoon salt
♦ 1 1/2 teaspoon rum
♦ 4 tablespoons coconut milk
♦ 2/3 cup sweetened coconut flakes, divided

The Method

1. Bake cupcakes according to box directions, replacing 1/2 the water with rum.
2. While they are cooling, blend cream cheese, butter and sugar together.
3. Add the rest of ingredients to the frosting, reserving 1/3 cup of coconut flakes.
4. Frost the cooled cupcakes, adding some coconut to the tops before the icing sets.
Irish-Cream Chocolate Muffins

Here’s Mindy’s recipe for decadent chocolate chocolate-chip muffins, filled and topped with a luscious Irish cream glaze to share with your friends while watching the movie. When Jaimi tested these muffins (she’s selfless like that), she skipped the glaze and just added a bit of coffee liqueur to some store-bought frosting to top and fill the muffins and they were amazing! Monica also tested these muffins. (She tested the Bailey’s, too!)

The Goods

Muffins

♦ Either shortening and flour (for muffin tins) or muffin wrappers
♦ 18.25 oz. package chocolate cake mix (try Duncan Hines Dark Chocolate Fudge)
♦ 1 cup (8 oz.) sour cream (not fat-free)
♦ 1/3 cup vegetable oil (canola, safflower, corn, etc.)
♦ 4 large eggs
♦ 1 1/2 teaspoon vanilla extract
♦ 1/3 cup Bailey’s Irish Cream

Note: You can substitute a different liquid that pairs well with chocolate, such as Godiva Chocolate or White Chocolate liqueur, Kahlúa, Chambord, Frangelico, Grand Marnier, Buttershots, kirsch, a flavored vodka, rum or
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brandy, or your favorite non-alcoholic coffee syrup, strong cold coffee or water
♦ 2 tablespoons sugar
♦ 1 cup dark chocolate chips, optional

Optional Glaze and Filling

♦ ¾ cup Bailey’s Irish Cream or other liqueur, liquor or liquid of your choice

♦ 3 ½ to 4 cups powdered sugar to make thicker glaze

Or use Jaimi’s method of adding a bit of liquor or liqueur to canned frosting.

The Method

Muffins

1. Either grease and flour muffin tins or line with muffin wrappers.
2. Preheat oven to 350°F.
3. Add to a large mixing bowl the cake mix, sour cream, oil, eggs, vanilla, liqueur and sugar.
4. Combine with a mixer for about a minute, stop, scrape down the sides of the bowl and continue mixing on medium for three more minutes.
5. If using chocolate chips, mix them in. Batter should be smooth and thick.
6. Fill muffin cups about ⅔ full.
7. Place pan in preheated oven.
8. Bake 18-22 minutes or until muffins spring back when lightly touched or when a cake tester comes out clean.
9. Remove muffins from pan and place on wire rack.
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Optional Glaze and Filling

1. Add liqueur or liquid to a medium-sized mixing bowl.
2. Slowly add about a quarter of the powdered sugar.
3. Mix with a fork until no lumps remain.
4. Add in the remaining powdered sugar, a little at a time, mixing thoroughly before each new addition.
5. Add enough sugar so the glaze is thin enough to be drizzled slowly, but thick enough to stick to the top of the muffin.
6. To fill a muffin, either use a melon baller or a small spoon and carefully scoop a small piece of muffin from the top.
7. Drizzle up to 1 teaspoon of glaze into the muffin.
8. Replace the piece of muffin on the top.
9. Using the back of a spoon, drizzle and spread additional glaze on the muffin top.

Makes 24-30 muffins

Looking for those adorable jeans muffin cups? Here they are! Aren’t they just the cutest?
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Sassy Strawberry Delight
It’s good to be sassy. Monica says these strawberry-filled, strawberry frosted, strawberry muffins are berry sassy.

The Goods

- 1 box strawberry cake mix
- 1 3/4 sticks unsalted butter
- 6-8 cups powdered sugar
- 1 teaspoon vanilla extract
- 1/4 cup milk
- 1/2 cup rum, divided
- 2 cups fresh diced strawberries
- 1/2 cup white sugar
- 2 tablespoons powdered sugar

The Method

1. Make cupcakes according to box directions.
2. While the cupcakes are cooling, beat sugar, vanilla and butter together for the frosting.
3. Slowly add milk, 1/4 cup rum and remaining sugar to finish the frosting.
4. To make the strawberry filling, put strawberries in saucepan on medium heat.
5. Let strawberries simmer, stirring frequently.
6. When juices start bubbling, add sugars and 1/4 cup rum and keep mixing. The mixture will thicken as it cools.
7. Slice off the tops of the muffins.
8. Spread the cooled strawberry filling inside each muffin, then replace the tops.
9. Frost each muffin, adding a dollop of strawberry sauce to the top.
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Stiletto Muffins
This recipe is all about the decorating. Bake up a batch of your favorite muffins or cupcakes and then decorate them to look like your favorite high heels. And best of all? These shoes are always comfortable—in your mouth!

The Goods

♦ Pre-baked muffins or cupcakes
♦ Pirouette cookies or other rolled cookies to use as the heel
♦ Milano cookies or other small, oval cookie to use as an insole to connect the heel with the muffin
♦ Decorator frostings, candy decorations, colored sugar, edible glitter, and other embellishments
♦ Decorative muffin papers
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The Method

1. Frost the muffins.
2. Place muffins in a second muffin paper to make them more noticeable and vibrant.
3. Frost Milano cookies and then put them aside to let the frosting set.
4. Place muffins on a level surface.
5. Use frosting to adhere the muffin to the insole and the insole to the heel.
6. Use other decorative frosting and candy embellishments to decorate.
Chocolate Chip Cookies
Chocolate chip cookies may be one of the world’s most perfect foods. They’re chocolaty and delicious and portable. Here are two recipes: Mindy’s is traditional, and Kristopher’s is for those who choose to follow a vegan diet or have food sensitivities.

The Perfect Chocolate Chip Cookie (Dough)
This recipe makes 32 ounces of dough, plus three heaping soup spoons, plus the lickings from the beater and scrapings from the bowl. Oh. You want to know how many baked cookies this recipe makes? Hard to say, but I’d guess it makes 5-6 dozen, depending on the size of the cookies. It will also make one colossally huge chocolate chip cookie if you want to press the dough into a very large pizza or cake pan. What’s the perfect chocolate chip cookie? For me, it’s soft, buttery and delicious. And sometimes it’s even baked.

The Goods

- ½ cup (1 stick) butter, softened (no shortcuts; perfection takes time)
- ½ cup butter-flavored shortening
- 1 cup dark brown sugar
- ½ cup granulated white sugar
- 1 teaspoon baking soda (not baking powder)
- 1 teaspoon salt, preferably kosher (if using regular salt, use just a tad less)
- 2 teaspoons vanilla extract (or 3 teaspoons artificial flavoring)
- ¼ teaspoon almond extract (or same amount artificial flavoring)
- 2 eggs
- 2 ¼ cups unbleached all-purpose flour
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- 2 cups chocolate chips, (½ cup each of semi-sweet, milk, dark and white)
- ½ cup pecans or walnuts, chopped, optional

The Method

1. Add softened butter and shortening to mixing bowl and blend.
2. Add sugars, baking soda and salt and then cream until light and fluffy.
3. Add vanilla and almond extracts/flavorings and eggs, and then beat until dough is light and fluffy.
4. Add flour and blend just until incorporated. Do NOT overmix.
5. Stir in chocolate chips and, if desired, nuts.
6. Chill dough thoroughly.
7. Preheat oven to 350°F.
8. Place uniform-sized scoops of dough 2” apart on ungreased cookie sheet.
9. Bake cookies 7-12 minutes, removing from oven as edges begin to brown. Do NOT overbake.
10. Quickly remove cookies from sheet and place on cooling rack.

Vegan Dark Chocolate Chip Cookies with Sea Salt
What’s even better than a fabulous chocolate chip cookie? A chocolate chip cookie with no guilt.

The Goods

- 1 ¼ cups finely ground blanched almond flour (JK Gourmet Almond Flour is Kristopher’s fave)
- ¼ teaspoon finely ground Himalayan pink salt (or whatever salt you’ve got on hand)
- ¼ teaspoon baking soda
- ¼ cup organic maple syrup or raw honey
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♦ ⅛ cup organic macadamia nut oil (or pastured ghee if you’re cool with non-vegan)
♦ 1 teaspoon pure vanilla extract
♦ ⅛ cup dark chocolate chips*
♦ ⅛ cup cacao nibs*
♦ ⅛ cup chopped walnuts or pecans*
♦ Pinch of coarse sea salt

* You can adjust this amount to taste. I believe you’ll need to add a handful of each and then taste the cookie dough. More than once.

The Method

1. Heat oven to 325°F.
2. Have a food processor or Vitamix? Blend everything together but the chocolate chips, cacao nibs and nuts. Working by hand? Mix almond flour, salt, and baking soda.
3. In a separate small bowl, mix maple syrup/honey, macadamia nut oil and vanilla.
4. Slowly pour the wet ingredients into dry ingredients and mix well.
5. Mix dark chocolate chips, cacao nibs and nuts by hand.
6. Make 5-15 balls of cookie dough and space them evenly on a non-stick cookie sheet (or one lined with parchment paper).
7. Flatten the cookies with the palm of your hand. The cookies will NOT spread out on their own.
8. Sprinkle coarse sea salt onto cookies and lightly press it into the dough.
9. Bake about six minutes, or until the edge of your cookies start to brown.
Festive Beverages
Jaimi, Monica and Mindy had a lot of fun creating these Muffin Top-themed beverages. And these girls were even more popular than normal during all the tasting parties. Before we share these delicious recipes with you, though, here’s a cute decorating idea you may spot in some of the photos—some blue jeans to decorate your glasses so your drinks have an adorable muffin top.

Jeans for Your Muffin Top
Because you really can’t have a decent muffin top without a pair of pants, you’ll find a page of blue jeans graphics that you can use to decorate your martini and margarita glasses. Just print this page out on a color printer, cut them out (we recommend NOT testing the muffintinis and muffinritas until you’re finished using the sharp scissors—don’t ask us how we know this) and then use some sticky tape to affix the jeans on your glasses. A small piece of packing tape worked well for us. Tape the jeans to the glass before you add the drink, so you don’t have to fight with condensation.
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**Muffintinis**
Make a few of these Muffintinis and they’re sure to be a hit at your Girls’ Night In.

**“Love Hurts, Cake Helps” Muffintini**
This drink doubles as a cocktail and a decoration. It’s a party in a glass!

**The Goods**

- 1 1/2 shots cake vodka
- 1/2 shot Godiva white chocolate liqueur
- 1 shot half and half
- Ice for chilling
- Whipped cream
- Multi-colored sprinkles

**The Method**

1. Add vodka, liqueurs and half and half to a cocktail shaker with ice.
2. Shake until well chilled and blended.
3. Strain into glass.
4. Pipe whipped cream around the inside edge of the glass.
5. Add sprinkles.
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“Love Hurts, Chocolate Cake Helps More” Muffintini
This martini is every bit as good as a luscious piece of chocolate cake, except you don’t have to worry about crumbs.

The Goods

♦ 2 shots cake vodka
♦ 2 shots Godiva chocolate liqueur
♦ 1 shot Bailey’s Irish Cream
♦ 1 shot half and half
♦ Ice for chilling
♦ 1 tablespoon granulated white sugar
♦ 1 teaspoon cocoa powder

The Method

1. Mix together sugar and cocoa on a small plate large enough so your martini glass can sit atop it upside down.
2. With your fingers, dampen the rim of the glass with water.
3. Invert martini glass onto plate to coat rim with sugar/cocoa mixture.
4. Add vodka, liqueurs and half and half to a cocktail shaker with ice.
5. Shake until well chilled and blended.
6. Strain into glass.
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Mint Chocolate Muffintini
This is a refreshing take on a chocolate martini.

The Goods
- ¼ serving mint chocolate milk mix or hot chocolate mix (or other sipping chocolate with a drop of peppermint extract added)
- ¼ cup half and half
- 2 shots Godiva chocolate liqueur
- 1 shot vodka
- Ice for chilling
- Chocolate syrup for garnishing glass

The Method
1. Blend together mint chocolate mix with half and half.
2. Add mint chocolate milk blend to a cocktail shaker with ice.
3. Add chocolate liqueur and vodka.
4. Shake until well chilled and blended.
5. Strain into glass.
6. Drizzle chocolate syrup around the inner rim of the glass.
Mocha Muffintini
What’s better than a chocolate muffintini? A chocolate and coffee muffintini!

The Goods

- 2 shots espresso or strong coffee, cooled
- 1 shot Godiva chocolate liqueur
- 1 shot Bailey’s Irish Cream
- 1 shot Kahlúa French Vanilla liqueur
- Ice for chilling
- 1 tablespoon granulated white sugar
- 1 teaspoon cocoa powder
- Jaimi likes to add a chocolate kiss to the bottom of her glass

The Method

1. Mix together sugar and cocoa on a small plate large enough so your martini glass can sit atop it upside down.
2. With your fingers, dampen the rim of the glass with water.
3. Invert martini glass onto plate to coat rim with sugar/cocoa mixture.
4. Add coffee and liqueurs to a cocktail shaker with ice.
5. Shake until well chilled and blended.
6. Strain into glass.
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Raspberry-White Chocolate Muffintini
Raspberries paired with white chocolate are amazing. This is decadence in a cute glass.

The Goods

♦ 2 shots whipped cream vodka
♦ 2 shots Godiva White Chocolate liqueur
♦ 2 shots Chambord raspberry liqueur
♦ Ice for chilling
♦ Whipped cream for garnishing
glass (we used homemade vanilla bean whipped cream, but the stuff from the can works just fine)

The Method

1. Add vodka and liqueurs to a cocktail shaker with ice.
2. Shake until well chilled and blended.
3. Strain into glass.
4. Pipe whipped cream around the inner rim of the glass for an extra muffin top effect.
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**Muffinritas**
We’d like to share two muffinritas with you. The first is named for Suzanne in honor of her bloody divorce. And the second is found in the Virgin drinks section, the Berry Happy in My Own Skin—because you can always add a shot or two of liquor to a non-alcoholic drink, although it’s just as tasty without it.

**Suzanne’s Bloody Divorce Pomegranate Muffinrita**
Try this blood-red blender drink, sure to please your palate and enhance your movie experience.

**The Goods**

- 2 shots silver tequila
- 2 shots pomegranate juice
- 1 shot orange liqueur (Triple Sec, Cointreau)
- 1 shot Rose’s lime juice
  (If you substitute fresh lime juice, consider adding a bit of agave syrup to cut the pomegranate’s tartness)
- ¾ cup ice (crushed works best)
- Lime wedge for wetting rim and garnish (optional)
- Kosher salt or margarita salt for rimming

**The Method**

1. Wet rim of margarita glass with a wedge of lime.
2. Dip dampened rim in kosher salt.
3. In a blender, add tequila, pomegranate juice, orange liqueur, lime juice and ice.
4. Blend until no large ice chunks remain and drink is frothy.
5. Pour into prepared glass.

**Substitutions**

- You can also make this a non-frozen drink by adding the ingredients in step three in a cocktail shaker and straining into prepared glass, skipping the blender.
- Make this a daiquiri by substituting rum for tequila and rimming the glass with sugar.
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Virgin Drinks
These are drinks without hooch, not drinks strictly for virgins. Though it’s totally cool if you choose to abstain from sex as well as alcohol.

I’m Be-You-Tea-Ful!
This drink has no caffeine, no sugar, no chemicals and is full of antioxidants. We think it tastes like a dry cream soda.

The Goods

♦ 2/3 cup tap water
♦ Enough carbonated water (no salt or sugar added), or carbonate your own with a SodaStream to add to the tap water to make 1 liter
♦ 1 or 2 vanilla red rooibos teabags
♦ Local honey or agave syrup to taste, optional

The Method

1. Brew teabags in tap water.
2. Add sweetener, if desired.
3. Refrigerate tea.
4. Add cold tea concentrate to carbonated water.
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Orange You Glad You’re So Fabulous
Want something that’s fizzy and fun and citrusy? Then you’re gonna love this one.

The Goods

♦ 1 liter carbonated water (no salt or sugar added), or carbonate your own with a SodaStream
♦ 1 or 2 packets True Orange (True Lemon, True Lime and True Grapefruit are also delicious!)
♦ Stevia or monk fruit sweetener to taste, optional
♦ Orange slice for garnish, optional

The Method

1. Pour about ½ cup of the carbonated water into a Pyrex or other measuring cup.
2. Mix in the True Orange and sweetener, if desired, until the powder is dissolved.
3. Slowly pour the mixture back into the carbonated water, being careful not to pour too quickly, so it doesn’t fizz over.
4. Garnish with a slice or wedge of orange, if desired.
Berry Happy in My Own Skin
Mindy and her guests have this drink or a version of it nearly every Friday night. You can either make this with no alcohol, which tastes amazing, or you can add silver tequila and a dash of lime for a muffinrita, or some rum for a muffintini, or you can add both rum and tequila for a daiquirita. Since we don’t strain out the berry seeds, this is best served in a margarita glass. The seeds will slide down to the bottom of the glass as you drink it.

The Goods

♦ Frozen mixed berries to fill a margarita glass about 2/3 full
♦ Ginger ale

The Method

1. Add frozen berries and enough ginger ale to make 8 ounces.
2. Using either an immersion blender or traditional blender, blend until all berries have been pureed. Add more ginger ale if the drink is too thick, although it thins as it warms up.

Substitutions

You can add silver tequila to make this a Muffinrita, rum to make it a daiquiri, or both to make it a daiquirita.
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Girls’ Night In Attire and Decorations
Now that you’ve got the food and drink covered for your fabulous Muffin Top Girls’ Night In extravaganza, it’s time to start thinking about what you and your BFFs will wear, not to mention decorating with a few cute items to play up the festivities.

Absolutely Adorable Apparel
Whether you feel like settling in for a fun, comfy evening, or you and your BFFs prefer to glam it up, we’re here to help.

The Pajama Girls’ Night In
There’s nothing better than curling up in comfy, and yes, potentially ugly jam jams and watching a chick flick while indulging in snacks!

You can do just pajamas or pajamas and tiaras to really take it to the next level.

Prizes can be given for “Most Comfy” “Most Slutty” “Most Worn Out” pajamas.

DIY Red Carpet Girls’ Night In
This was an independent movie, so when Suzanne gets an invite to an amazing red carpet event we, the filmmakers, had to come up with a dress that would look like thousand-dollar couture on an indie budget. Our amazing costume designer June Suepunpuck took a $100 wedding dress and spent countless hours hand-gluing feathers and beading onto it to create a truly crazy red carpet confection!

For this party, ask your guests to take any dress you NEVER wear (may we humbly suggest that really expensive bridesmaid dress your friend SWORE you’d be able to wear again and again?) and turn it into a red carpet vision, or perhaps, nightmare!

Prizes can be given for “Most Bjork-Like,” “Most Creative,” “Most Glamorous,” “Most ‘Joan Rivers Would Have Hated.’”
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Do-It-Yourself *Muffin Top* Tiaras

Need a tiara for yourself and your friends for your Girls’ Night In? Well, of course you do. A tiara is like chocolate or cheese sauce—if it’s good plain, it’ll be so much better with a tiara.

We sent our correspondent, Monica Ona Mission, to the local craft store, and she found these craft-foam tiaras for $1. Then she bought some shiny, sparkly, blingy bits, like rhinestones, glitter glue and decals, and personalized it.

Make these ahead of time for your guests, or spread out the supplies and let your friends make their own.
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More Muffin Top Party Ideas
For the past several months, Monica has been collecting oodles of creative ideas for your Girls’ Night In: ideas for party favors, decorating and more delicious treats, with a generous sprinkling of esteem-building sentiments added for good measure. Here’s her Pinterest board.
“Girls’ Night In” Party Planning Kit

Ready to Throw Tomatoes?

We hope this Girls’ Night In guide and the fabulous romantic comedy *Muffin Top: A Love Story* provide you and your BFFs a fun, funny and empowering experience.

To help spread the love and keep our movement going strong, we’d just adore it if you’d take a moment to navigate to [Rotten Tomatoes](http://www.rottentomatoes.com/m/muffin_top_a_love_story/) and either tell everyone that you “want to see it,” or if you’ve already seen the film, to give us five sparkly stars and possibly a short review.

We hope you will toss lovely red ripe tomatoes at Cathryn’s muffin top, not stinky green ones, because you love the movie’s comedy, romance and message that we should all love ourselves now, not five pounds from now.
“Girls’ Night In” Party Planning Kit

Be a Muffin Top Movie Star!
We want you to star in our Muffin Top moviement with us!

Star in Our “Beautiful” Muffin Top Video
Because our moviement is empowering and inclusive, we are hoping you will be inspired to take photos and videos of your Muffin Top Girls’ Night In gatherings and that you will upload them to MuffinTopMovie.com, so we can put YOU in our movie. We’re going to edit beautiful pieces with these fun photos and videos, all to the tune of our title song “Beautiful” by Michelle Featherstone. We hope these collections of images will inspire women all over the world to love themselves now, not five pounds form now.

Navigate to MuffinTopMovie.com and then to Photo Video Submissions.

Put Yourself on a Billboard
Cathryn Michon, the girl who’s showing her fat, here again. I’ll remind you, I’m the director of this movie, and I’ve decided, YOU should be the star on our movie poster, and here’s how we’re going to do that.

I want you, in your own social media, to help us spread the word about our movie, and our “moviement” by creating a poster for our movie starring YOU.

The last page of this kit is a poster for the film you can print out on plain 8½” by 11” paper. Just regular old paper!
“Girls’ Night In” Party Planning Kit

You can put that poster somewhere in the selfie you are about to take, you can even tape it right on the front of your shirt as Elliott did below, in step #1. Then, just like Elliott did, write a handwritten sign with your personal recommendation of the film, maybe something as simple as: I LOVE THE MOVIE MUFFIN TOP: A LOVE STORY! —ELLIOTT CROWE *

*Oh sure, you can use Elliott’s name, but it might be less weird if you use your own.

We would then ask you to take this image and make it your cover photo on Facebook, or tweet it to your friends on Twitter, hashtags #muffintopmovie, #muffintopmoviement and #lovehurtscakehelps.

If you want to have even more fun with this, you could turn your poster into a billboard, using this free billboard generator that’s available online like Elliott did below. At the end of this section are detailed instructions on how to do that. It’s pretty freaking cool if you ask us.

You can Instagram your poster! You can pin it to your Pinterest board, and really why wouldn’t you, now that you are a bona fide movie star? It’s just you and me and my fat in the movie poster now, what could be more fun than that?

Thank you so much for being part of our moviement. Making this movie and connecting with all the amazing people I’ve met doing this has been the greatest joy of my life.

Best,

Cathryn Michon
“Girls’ Night In” Party Planning Kit

The Method

1. Take your selfie with the Muffin Top “Love Hurts, Cake Helps” poster included at the end of this document and a sign about Muffin Top with your name and the hashtag #muffintopmovie.

(Not that we would encourage a drinking game, but if we did, we’d suggest you take a sip of your Muffintini every time you saw Elliott’s handsome face in the movie. **Hint:** Either take small sips or have another Muffintini or two on hand. You did bring your PJs to this party, right?)

2. Transfer the selfie to your computer from your phone by sending yourself an email and downloading the photo.

4. Scroll through the billboard styles until you find the one you like best.
5. Click Choose File. A window displays prompting you to locate your selfie file. The program will then automatically display your photo in the billboard.

6. Use the slider on the right to adjust the zoom of your photo in the billboard and use the circle to adjust the angle of your selfie to make it fit perfectly.
7. Click the save button. A new window displays with only your billboard image.
8. Click and drag the photo to your desktop.
9. Spread the word! Share your selfie on the Muffin Top Movie Facebook page, your Facebook page, Twitter, Instagram and Pinterest.
MUFFIN TOP
A Love Story

LOVE HURTS, CAKE HELPS

Cathryn Michon  David Arquette  Marissa Jaret Winokur  Melissa Peterman

Maria Bamford  Haylie Duff  Retta  Diedrich Bader  Dot Marie Jones  Marcle Post