MMM!: Microwave Mug Meals

**Now with more recipes!**
Microwave Mug Meals

- Create an entire day’s worth of meals in a microwave.
- These recipes use common kitchen staples and are ready in MINUTES!
- All you need is an extra-large, microwave-safe mug.

*Please note that all microwave times are approximate, as wattage varies. Watch your meals carefully to avoid spills.*
Breakfast: Scrambled Eggs

Ingredients:
• 2 eggs
• 1 Tbs of meat, diced (optional)
• 1 Tbs shredded cheese
• Olive oil or cooking spray
• Salt and pepper

Directions:
• Coat your mug with oil or cooking spray.
• Add eggs to mug and whisk with a fork.
• Add diced meat, cheese, salt and pepper. Whisk until combined.
• Microwave on HIGH for 1 minute. Stir.
• Cook for another 45 to 60 seconds or until eggs are set.
• Top with more cheese, salt and pepper.
Breakfast: Pancakes

Ingredients:
• ½ Tbs Butter, melted
• ⅓ cup pancake mix (complete, just add water version)
• 3 Tbs water
• Add-ins of your choice (chocolate chips, blueberries, etc.)

Directions:
• Combine melted butter, pancake mix and water to a microwave safe mug, mix well (can be lumpy)
• Microwave at 50% for approximately 1.5–3 minutes (depending on microwave) until no longer wet
• Remove from microwave, top with syrup and enjoy!
Breakfast: Berry Crumble

**Ingredients:**

- 2 Tbs quick cooking oats
- 2 Tbs brown sugar
- 1 Tbs flour
- 1/8 tsp ground cinnamon
- 1 Tbs cold butter
- 3/4 cup frozen mixed berries
- Yogurt or whipped cream (optional)

**Directions:**

- Combine oats, sugar, flour, and cinnamon in a mug
- Cut in cold butter with a fork, until texture becomes crumbly
- Place berries on top of crumble mixture and heat on HIGH for 2 minutes, until bubbly
- Stir, top with yogurt or whipped cream (optional) and enjoy!
**Breakfast: Cornbread**

**Ingredients:**
- Cooking oil spray
- 1 tsp melted butter
- 3 Tbs cornmeal
- 2 Tbs flour
- 1 Tbs sugar
- 1/4 tsp baking powder
- Pinch of salt
- 2 Tbs milk or water
- 2 tsp maple syrup

**Directions:**
- Spray mug with cooking oil
- In a separate bowl, melt butter for 15 seconds in microwave
- Add cornmeal, flour, sugar, baking powder, and salt to bowl, mix
- Add milk/water and syrup, mix until smooth
- Add mixture to oiled mug, microwave for 1 1/2 minutes on HIGH. Top with more butter and enjoy!
**Breakfast: Breakfast Cookie**

**Ingredients:**

- ½ medium banana
- 1 ½ Tbs peanut butter (or SunButter)
- ½ Tbs honey
- 1 Tbs milk
- 4 Tbs oats (rolled or quick)
- 1 Tbs raisins
- Sprinkle of seeds or nuts (optional)

**Directions:**

- In a large mug, mash the banana with a fork.
- Stir in peanut butter, milk and honey. Mix well.
- Add in oats and raisins (and seeds/nuts), stir until combined.
- Microwave on HIGH 1-1.5 min.
- Enjoy warm!
**Breakfast: Cheddar Bacon Muffin**

**Ingredients:**
- 4 Tbs flour
- ½ tsp baking powder
- ¼ tsp onion powder (optional)
- 1/8 tsp salt
- ½ Tbs butter, cubed
- 3 ½ Tbs milk
- 1 Tbs bacon, crumbled
- 1 Tbs shredded cheddar cheese

**Directions:**
- In a large mug, mix together flour, baking powder, onion powder, and salt
- Using a fork, incorporate the butter until the mix looks like fine breadcrumbs
- Add in milk, bacon, and cheese; stir until combined
- Microwave on HIGH ~1.5 min
- Enjoy warm! Optional: drizzle with melted butter and garlic salt for added flavor.
Breakfast: Strawberry Pop Tart Cake

**Ingredients:**
- 1 Tbs butter, room temperature
- 1 Tbs powdered sugar
- 2 Tbs milk
- 4 Tbs flour
- 1 Tbs strawberry jam
- Vanilla frosting
- Sprinkles

**Directions:**
- In a large mug, mix together butter and powdered sugar
- Stir in flour and milk until fully combined
- Make a well in the batter and spoon in the jelly. Spoon more batter on top to cover the jam.
- Microwave on HIGH 45 sec - 1 minute
- Let cool, then frost top and add sprinkles (if desired)
Lunch / Dinner: Pizza

**Ingredients:**
- 4 Tbs flour
- 1/8 tsp baking powder
- 1/16 tsp baking soda
- 1/8 tsp salt
- 3 Tbs milk
- 1 Tbs olive oil
- 1 Tbs pizza sauce
- shredded mozzarella cheese
- mini pepperonis

**Directions:**
- Mix the flour, baking powder, baking soda & salt together in a mug
- Add in the milk and oil and mix together. (Some lumps are OK.)
- Spoon on the sauce and spread it around surface of dough
- Sprinkle on the cheese and add mini pepperoni
- Microwave for 1 minute 10–20 seconds and enjoy!
Lunch/Dinner: Nacho Dip

**Ingredients:**
- Nonstick cooking spray
- 1/2 cup canned refried beans
- 1 tsp taco seasoning
- 3 Tbs salsa
- 3 Tbs shredded Mexican cheese blend
- Garnishes (optional)
- Tortilla chips

**Directions:**
- Coat mug with cooking spray.
- In a small bowl, stir together beans, salsa, taco seasoning, & 2 Tbs of cheese.
- Add mixture to mug. Top with cheese.
- Cover with plastic wrap & microwave on high for 1 1/2 minutes or until cheese is melted.
- Top with garnishes (guac, sour cream, taco sauce, etc.). Enjoy with chips.
**Lunch / Dinner: Potato Soup**

**Ingredients:**
- ¾ cup water
- 3 Tbs cubed potato (can use frozen diced potatoes—*but thaw first!*)
- 2 Tbs cheddar cheese
- 1 Tbs bacon
- 2 tsp cornstarch
- ½ cup chicken (or veggie) stock
- ¼ cup milk
- Salt and pepper to taste

**Directions:**
- Add potatoes and water to large mug. Microwave for 3–4 min or until the potatoes are tender, stirring halfway through. Drain water from mug.
- Into the potatoes stir the bacon, cheese and cornstarch. Stir in the stock and milk, and season with salt and pepper.
- Microwave 2 1/2 – 3 minutes until thickened and heated through. Serve topped with sour cream, cheese, and some more bacon (optional).
**Lunch / Dinner: Fettuccini Alfredo**

**Ingredients:**

- 2 oz cooked pasta
- 1 Tbs butter
- ¼ cup heavy cream
- 3 Tbs grated parmesan cheese
- ¼ tsp garlic powder
- Salt and pepper to taste

**Directions:**

- Combine all ingredients in a mug
- Microwave 1 1/2 minutes until heated through.
- Serve with additional cheese on top and enjoy!
Lunch/Dinner: Avocado Mac & Cheese

**Ingredients:**
- ½ cup elbow macaroni
- ¾ cup water
- ¼ cup shredded white cheddar
- 1 half ripe avocado
- Salt and pepper to taste

**Directions:**
- Put water and macaroni in an extra-large mug. Microwave for 3–3.5 minutes, stirring every minute, until noodles are tender (put a plate under the mug to catch spills!)
- While mac is cooking, mash avocado in a small bowl
- Pour out any leftover pasta water, then add cheese. Stir until melted (you might need to microwave for an additional 20 secs)
- Stir in mashed avocado, and season to taste. Enjoy!
Lunch / Dinner: Cheesy Rice Bowl

**Ingredients:**
- 5 Tbs minute rice
- 2/3 cup cold water
- ½ tsp cornstarch
- 3 Tbs milk
- 4 Tbs shredded cheese
- 1–2 Tbs add-ins of choice (broccoli, ham, shredded cooked chicken, etc.)
- Pinch of salt

**Directions:**
- Put water and rice (and any raw veggie add-ins) in an extra-large mug or bowl. Cover with a microwave-safe plate and microwave for 3.5 – 4 minutes.
- Mix in milk, cornstarch, cheese, salt, and other add-ins.
- Microwave for another 1–1.5 minutes.
- Enjoy!
**Lunch / Dinner: Spaghetti-Os**

**Ingredients:**
- 1/3 + 1/4 cup water
- 1/3 cup ditalini pasta
- 2 ½ Tbs tomato pasta sauce
- 1/4 cup shredded Colby-Jack cheese

**Directions:**
- **Put water and pasta in an extra-large mug or bowl.** Add a plate underneath to catch spills!
- **Microwave in 1.5 minute increments, stirring between each,** until noodles are tender (may take up to 6 minutes). Add up to ¼ cup more water if necessary to continue cooking. **Drain leftover water.**
- **Stir in the sauce and cheese**
- **Microwave for another 30 seconds and stir again**
- **Enjoy!**
**Dessert: Chocolate Peanut Butter Cake**

**Ingredients:**
- 3 Tbs flour
- 2 Tbs sugar
- 1 ½ Tbs cocoa powder
- ¼ tsp baking powder
- Pinch of salt
- 3 Tbs milk
- 2 Tbs vegetable oil
- 1 Tbs peanut butter

**Directions:**
- Combine dry ingredients (flour, sugar, cocoa, baking powder, salt) in a mug
- Add wet ingredients (milk, oil, peanut butter) and stir until combined
- Microwave on HIGH for 1 minute and 10 seconds
- Enjoy warm with ice cream!
Dessert: Rice Krispie Treat

Ingredients:

• ½ Tbs of butter
• 5 marshmallows
• 1 cup rice krispie cereal (or other cereal)

Directions:

• Add marshmallows and butter to a mug
• Microwave for 30 seconds
• Stir butter and marshmallows
• Quickly add cereal and stir
• Enjoy hot or wait until cooled
Dessert: Funfetti Cake

**Ingredients:**
- 4 Tbs flour
- 2 Tbs sugar
- ½ tsp baking powder
- 4 Tbs milk
- ¼ tsp vanilla
- 1 ½ Tbs vegetable oil
- 1 Tbs sprinkles

**Directions:**
- In a mug, combine flour, sugar, and baking powder
- Add milk, vanilla, and oil and stir
- Stir in sprinkles
- Microwave on HIGH for 1 minute 10 seconds
- Enjoy with frosting or ice cream
Dessert: Brownie

Ingredients:
- ¼ cup flour
- ¼ cup sugar
- 2 Tbs cocoa powder
- Pinch of salt
- 2 Tbs vegetable oil
- 3 Tbs water

Directions:
- In a mug, combine flour, sugar, cocoa powder and salt
- Add oil and water and stir
- Microwave on HIGH for 1 minute 40 seconds
- Enjoy with a scoop of ice cream
Dessert: Apple Crumble

Ingredients:
• 2 Tbs butter, melted
• ¼ cup quick oats
• 1 + ½ Tbs brown sugar, divided
• Pinch of salt
• 1 Tbs maple syrup (or honey)
• ½ tsp cinnamon
• 1 large apple, chopped
• ½ Tbs flour
• ½ Tbs lemon juice
• 1 Tbs chopped walnuts (optional)

Directions:
• In a bowl combine melted butter, quick oats, 1 Tbs of brown sugar, salt, maple syrup, and cinnamon
• In another bowl, combine apples, flour, ½ Tbs brown sugar, lemon juice, and walnuts
• Add apple mixture to a large mug, top evenly with oat mixture
• Microwave for 3–4 minutes, let cool for 2 minutes
• Enjoy as-is or with a scoop of ice cream
Dessert: Pumpkin Pie

Ingredients:
• 1/3 cup canned pumpkin
• 1 egg
• 1 Tbs heavy whipping cream
• 2 Tbs packed brown sugar
• 1 tsp flour
• 1 heaping tsp pumpkin pie spice
• 1 Tbs crushed graham crackers
• Whipped cream for garnish (optional)

Directions:
• Spray bottom (not the sides!) of a large mug with cooking oil
• In a bowl, whisk egg, heavy whipping cream, and pumpkin. Add brown sugar, flour, and pumpkin pie spice, and mix well
• Pour mixture into the oiled mug
• Microwave for 3 minutes at 50% power, until top is nearly set and edges pull away from mug
• Let cool on counter for 10 minutes, then freeze for another 10-15
• Top with crushed graham crackers and whipped cream, and enjoy!
Dessert: Cinnamon Roll

**Ingredients:**
- ¼ cup flour
- ¼ tsp baking powder
- 2 Tbs milk
- 1 tsp maple syrup
- 1/4 tsp vanilla
- 1 tsp melted butter
- 1 tbs brown sugar
- ¼ tsp cinnamon

**Directions:**
- Spray a mug with oil, set aside.
- In a bowl, combine flour, baking powder, milk, maple syrup, vanilla, and butter. Add 1–2 tbs of more milk if needed (you want a thick, not dry batter)
- Add mixture to oiled mug
- In another bowl, combine brown sugar and cinnamon. Sprinkle cinnamon sugar onto mug mixture and use a knife to swirl into the top of the batter
- Microwave for ~1.5 minutes, and enjoy!
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