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NOW WITH  
MORE  
RECIPES!

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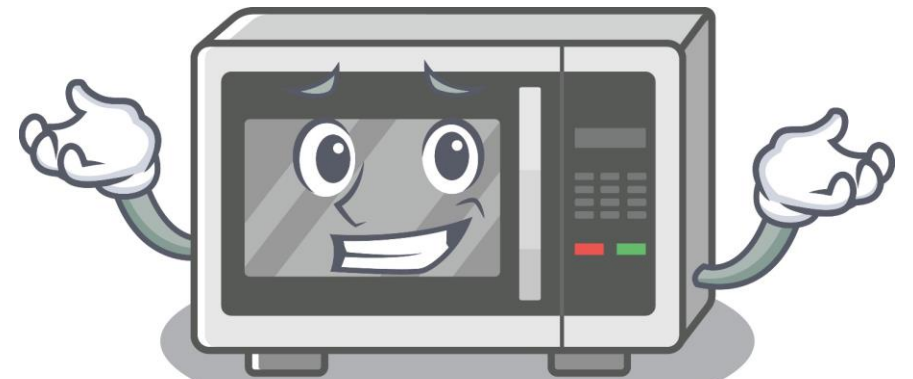


# MMM!: MICROWAVE MUG MEALS

# 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 W/ 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: FETTUCCHINI 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

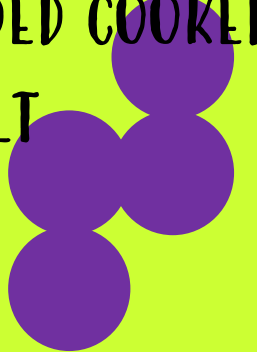
## DIRECTIONS:

- 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!


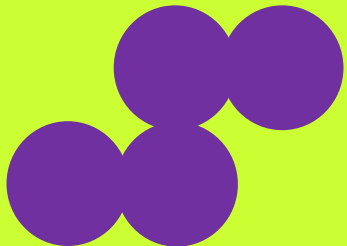


# LUNCH / DINNER: CHEESY RICE BOWL

## INGREDIENTS:

- 5 TBS MINUTE RICE
  - 2/3 CUP COLD WATER
  - 1/2 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
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## 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!
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# LUNCH / DINNER: SPAGHETTI-OS

## INGREDIENTS:

- 1/3 + 1/4 CUP WATER
- 1/3 CUP DITALINI PASTA
- 2 1/2 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 1/4 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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