



MICROWAVE MEALS

A COOKBOOK FOR COLLEGE STUDENTS





BREAKFAST



OATMEAL

**BLUEBERRY
MUFFIN
IN A MUG**

**FRENCH
TOAST**

OMELET

**POACHED
EGGS**

**BREAKFAST
SANDWICH**

**BREAKFAST
BURRITO**

OATMEAL

Ingredients:

- 1/2 cup whole milk
- 1/2 cup old fashioned oats
(don't use quick oats as it will make the oatmeal mushy)
- 1 tsp vanilla
- 1/4 tsp cinnamon
- a pinch of salt
- maple syrup (brown sugar or banana slices to sweeten is optional)



Instructions:

1. Place the milk, oats, vanilla, salt and cinnamon in a microwaveable bowl and stir to combine.
2. Microwave on high for 90 seconds for a chewy consistency or longer for a softer consistency.
3. Sweeten to taste with maple syrup, brown sugar or banana slices.

Add any of your favorite fruit slices for more flavors!

BLUEBERRY MUFFIN IN A MUG

Ingredients:

- 1/4 cup flour
- 1 Tbsp brown sugar
- 1/4 tsp baking powder
- 1/8 tsp salt
- pinch cinnamon
- 1/2 Tbsp butter
- 2 Tbsp milk
- 1-2 Tbsp frozen blueberries



Instructions:

1. In a microwave safe mug, stir together the flour, brown sugar, baking powder, salt, and cinnamon until well mixed.
2. Add the butter to the mug and use your fingers to rub or smooch them together until no large chunks of butter remain and the mixture looks like damp sand (see photos below).
3. Stir the milk into the butter/flour mixture. It should now resemble a thick muffin batter. If it's too dry, add a splash more milk. Sprinkle blueberries over top and push them down into the batter. Microwave on high for approximately 90 seconds. Enjoy with a drizzle of maple syrup over top.

FRENCH TOAST MUG

Ingredients:

- 1 tsp butter
- 3 Tbsp whole milk
- 1 tsp maple syrup
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- Pinch ground nutmeg
- 1 large egg
- 1 cup bread pieces



Instructions:

1. Place the butter in a large mug and microwave for 15–20 seconds, or until it is melted. Add the milk, maple syrup, cinnamon, vanilla, nutmeg, and the egg to the mug and whisk until everything is well mixed.
2. Add the bread pieces to the mug and gently stir until all the pieces are saturated with the egg and milk mixture. Be careful not to stir too roughly or the bread pieces may fall apart. Let the bread sit and absorb the liquid for about 1 minute.
3. Microwave the mug for 60–90 seconds, or until the mixture is solid. I have a 1250 watt microwave and find that 70–80 seconds is about perfect. You may need to experiment to find just the right cooking time for your microwave and mug size.
4. Serve immediately, or deck it out with your favorite toppings.

OMELET

Ingredients:

- Cooking spray or extra virgin olive oil
- 2 large eggs
- 1 tablespoon milk
- 1 tablespoon grated cheddar cheese
- 1 tablespoon finely chopped red bell pepper
- 1 teaspoon finely chopped chives or green onion
- Pinch salt
- Pinch black pepper



Instructions:

1. Spray inside of a large, microwave-safe mug lightly with cooking oil spray or coat the inside of the mug with olive oil.
2. Crack eggs into the mug, add milk, and beat with a fork.
3. Add the cheese, red bell pepper, and chives. Add a sprinkle of salt and pepper. Stir with a fork until well mixed.
4. Microwave for 30 second on high. Remove from microwave and stir with a fork. Return to the microwave and cook for another 20 to 30 seconds. (Whether it's 20 or 30 depends on the power of your microwave, you may need to experiment to see what times work best for your situtation.) You'll see patches of firm cooked egg mixture beginning to form. Remove and stir again. Return to the microwave and cook for another 20 to 30 seconds or until the omelette has set.

POACHED EGGS

Ingredients:

- 1 large egg
- 1/8 teaspoon white vinegar
- 1/3 cup water
- salt and pepper



Instructions:

1. Add the water and white vinegar to a 6 ounce custard cup.
2. Break egg into cup, pierce egg yolk with toothpick, and cover dish loosely with plastic wrap.
3. Place in microwave and cook for 1 minute or until desired doneness.
4. You may need to experiment with cooking times based on the wattage of your microwave and taste preference.
5. Immediately remove egg from hot water with a slotted spoon as it will continue to cook.
6. Serve with salt and pepper to taste.

BREAKFAST SANDWICHES

Ingredients: (for 5 sandwiches)

- 2 sausage patties
- 2 slices ham, quartered
- 5 eggs
- 1 splash milk
- salt, to taste
- pepper, to taste
- 2 bacons, sliced in half width-wise
- 5 english muffins, halved
- 5 slices cheddar cheese
- fresh spinach



Instructions:

1. On a large plate, arrange the sausage and the ham in a circle, then place a microwaveable mug in the center.
2. Crack the eggs into the mug, season with salt, pepper, and add a splash of milk. Stir until evenly mixed.
3. Microwave the entire plate for about 2 minutes until the egg is cooked through, making sure it does not bubble over.
4. Remove the plate and microwave the bacon strips on a separate plate for about 4-7 minutes. Check the bacon at 4 minutes, then every minute or so to make sure it doesn't burn.
5. Drain the bacon of its fat, then set aside.
6. Invert the mug with the egg, then slice the egg cylinder into 5 equal rounds. You may have to run a knife around the mug first to ensure that the egg comes loose in one solid piece.
7. To assemble, layer your sandwich as you'd like with the meat, egg, cheese, and spinach.
8. Wrap each sandwich in a damp paper towel, then with parchment paper. Place the sandwiches in a large zip top bag, then freeze for up until 1 month.
9. When ready to eat, remove a sandwich from the freezer, unwrap the parchment, and microwave for about 2 minutes. Cool for 1 minute, then unwrap the paper towel.

BREAKFAST BURRITO

Ingredients:

- 2–3 ounces (57–85 g) uncooked bulk breakfast sausage meat (2–3 Tablespoons), or uncooked sausage of choice
- 2 eggs
- salt , to taste
- black pepper , to taste
- 3 Tablespoons (30 ml) grated cheese , or more
- 1 flour tortilla (burrito size)



Instructions:

1. Place the sausage in the microwave safe bowl and break up into small chunks.
2. Cover with a microwave safe lid or plate. Microwave on High for 1 minute 30 seconds.
3. Push the sausage to the sides of the bowl. Crack the eggs and place into the well between the sausage. Pierce the egg yolks(s) with the tip of a pointy knife to prevent the them from potentially popping when microwaving. Season with salt & pepper if desired.
4. Cover again and Microwave on High for 1 minute, or until the whites are set. If needed continue microwaving in 15–30 second intervals until cooked to your preference.
5. Sprinkle the cheese on top. Microwave uncovered for about 15 seconds or until the cheese is melted.
6. Lay out the tortilla and place the egg/sausage mix in the tortilla(s) and extra cheese if desired.
7. Microwave uncovered for about 15 seconds or until the cheese is melted.
8. Roll into a burrito or fold in half for a breakfast taco. Or you can roll the burrito after all the ingredients are in and microwave the burrito.



ENTRÉES & SIDES



**CAPRESE
PIZZA**

"FRIED" RICE

NACHOS

**SPAGHETTI
SQUASH**

**REFRIED
BEAN DIP**

**CHEESE
QUESADILLA**

LASAGNA

**MAC &
CHEESE**

**BREAKFAST
SANDWICH**

**VEGGIE BURRITO
BOWL**

**BEAN & CHEESE
BURRITO**

MINISTRONE

**CREAMY
TOMATO SOUP**

**HOT & SOUR
SOUP**

**LOADED BAKED
POTATO SOUP**

CAPRESE PITA PIZZA

Ingredients:

- 1 pita
- ¼ cup marinara sauce
- 4 slices mozzarella cheese
- 3 slices tomato
- salt, to taste
- pepper, to taste
- fresh basil, to serve
- 2 tablespoons balsamic reduction, to serve



Instructions:

1. Top a pita with marinara sauce, mozzarella, tomato, salt, and pepper.
2. Microwave for one minute.
3. Serve with fresh basil and balsamic reduction.
4. Enjoy!

“ F R I E D ” R I C E

Ingredients:

- ½ cup rice
- 2 cups water
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- ½ cup frozen vegetable
- 2 eggs
- salt, to taste
- 1 tablespoon scallion, chopped, to serve



Instructions:

1. In a bowl, combine the rice, water, sesame oil, and soy sauce.
2. Stir, then microwave, covered, for approximately 6-8 minutes until the rice is fully cooked.
3. Mix the frozen vegetables into the rice.
4. In a microwaveable mug, beat the eggs.
5. Microwave the eggs and the rice again for approximately 1-2 minutes, until the eggs are fully cooked.
6. Break up the egg into small bits, then mix it in with the rice.
7. Top with scallions, and serve.

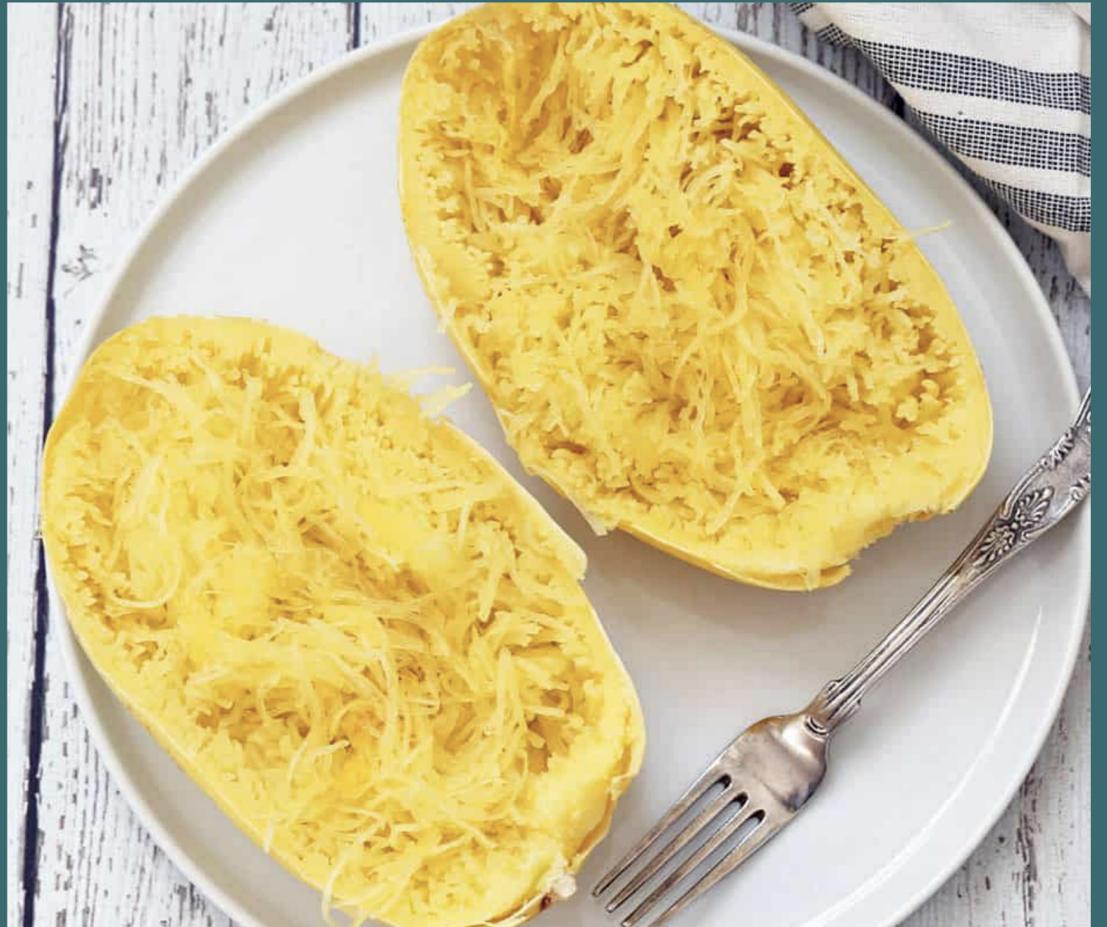
SPAGHETTI SQUASH

Ingredients:

- 1 spaghetti squash

optional ingredients:

- butter
- salt and pepper
- garlic powder
- precooked frozen meatballs
- pasta sauce



Instructions:

1. Pierce the spaghetti squash all over with a sharp knife.
2. Place the squash on a large microwave-safe plate. Microwave it for 5 minutes. Turn it to the other side (carefully; it will be hot) and microwave it for 5 more minutes until it's soft to the touch.
3. Using oven mitts, remove the squash from the microwave (the squash and the plate will be very hot - use a trivet). Let the squash stand for 5 minutes to finish cooking.
4. Using a sharp knife, carefully cut the squash in half lengthwise. Allow it to cool for 2-3 minutes until easier to handle.
5. Scoop out the pulp and seeds from the squash's center.
6. Rake a fork back and forth to create strands.
7. Transfer the strands to a bowl.
8. If desired, toss the strands with butter, salt, pepper, and garlic powder, or use your favorite pasta sauce. Serve immediately.

NACHOS

Ingredients:

- 2 to 4 ounces tortilla chips of choice
- 1 to 3 cups shredded cheese such as cheddar, Monterey Jack, or Mexican cheese blend
- 1/4 cup pickled jalapeño peppers, optional

Toppings:

- Sour cream, to taste
- Fresh salsa, to taste
- Sliced black olives, to taste
- Fresh coarsely chopped tomatoes, to taste
- Guacamole, to taste



Instructions:

1. Spread the tortilla chips in an even layer on a microwave-safe plate.
2. Sprinkle the cheese evenly over the chips.
3. Top with the jalapeño slices, if desired.
4. Heat on high for 1 minute, just until the cheese is melted. Be sure to watch the nachos as they cook. Microwave ovens vary dramatically, and so your cooking time will also vary. Let the nachos stand for a few minutes to finish cooking.
5. Serve immediately with sour cream, salsa, sliced black olives, chopped fresh tomatoes, and/or guacamole.

CHEESE QUESADILLA

Ingredients:

- 2 (10 inch) flour tortillas
- 1 cup shredded Cheddar cheese
- salsa/quacamole for dipping (optional)



Instructions:

1. Place one flour tortilla onto a large microwave-safe plate. Sprinkle with Cheddar, then top with remaining tortilla. Microwave on high until cheese is melted, about 1 minute.
2. Slice like a pizza to serve.

REFRIED BEAN DIP

Ingredients:

- 1 can (16 oz each)
Traditional Refried
Beans
- 1/2 cup Enchilada
Sauce
- 1/2 cup crumbled
queso fresco cheese
- Sliced green onions,
optional
- Tortilla chips, optional



Instructions:

1. Place beans and enchilada sauce in microwave-safe bowl; cover. Microwave on HIGH 3 minutes, stirring halfway and at end.
2. Pour bean mixture into 9-inch glass pie plate or other shallow dish. Top with cheese and sprinkle with onions, if desired. Serve warm with tortilla chips, if desired.

L A S A G N A

Ingredients:

- 1 15-ounce container ricotta
- 4 cups baby spinach, chopped (about 4 ounces)
- 2 cups grated mozzarella (8 ounces)
- ¼ cup plus 2 tablespoons grated Parmesan (1½ ounces)
- kosher salt and black pepper
- 1 24-ounce jar marinara sauce (2¾ cups)
- 6 no-boil lasagna noodles



Instructions:

1. In a bowl, combine the ricotta, spinach, 1 ½ cups of the mozzarella, ¼ cup of the Parmesan, and ¼ teaspoon each salt and pepper.
2. In the bottom of a microwave-safe 8-inch square baking dish, spread ½ cup of the sauce.
3. Top the sauce with 2 lasagna noodles, ½ cup of sauce, and half the ricotta mixture. Repeat.
4. Top with the remaining lasagna noodles, sauce, mozzarella, and Parmesan.
5. Cover with wax or parchment paper, then a plate. Microwave on high (power level 10) until the noodles are tender, 15 to 20 minutes.
6. Let stand for 10 minutes before serving.

MAC & CHEESE

Ingredients:

- ½ cup dry macaroni pasta
- ½ cup water
- ½ cup shredded cheddar cheese
- ¼ cup milk of choice
- ¼ teaspoon kosher salt
- 1 tablespoon unsalted butter (optional)
- 1 tablespoon cream cheese (optional)



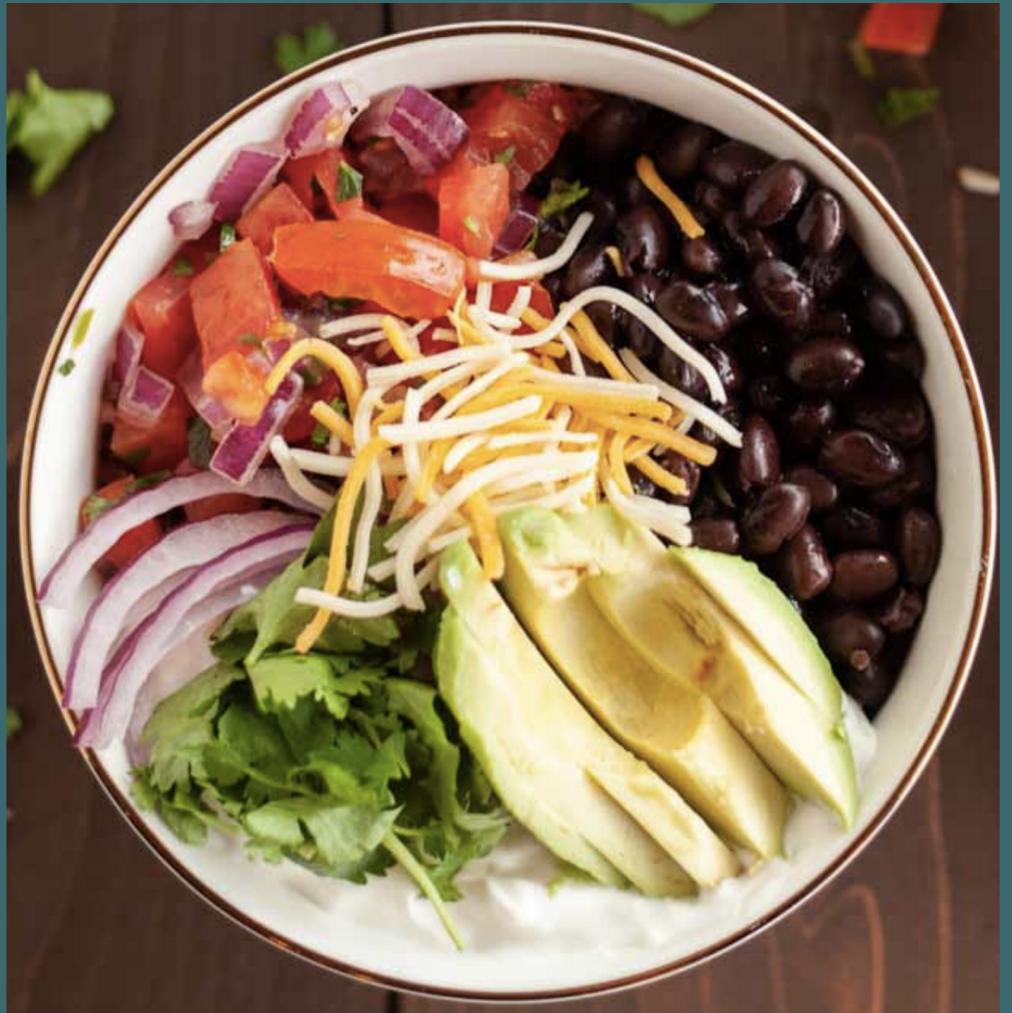
Instructions:

1. Combine the pasta and water in a large microwave safe bowl. You need a large bowl (not a mug or small serving bowl) to cook this in prevent your water from foaming and spilling over in the microwave.
2. Microwave for 4–5 minutes, until the pasta is just al dente. You can start with 4 minutes and add an additional minute if needed.
3. Drain any excess water from the bowl. Add the milk, cheese and salt to the pasta, as well as the butter and cream cheese, if using. Stir to combine.
4. Microwave for another 1 ½ minutes, until the pasta is tender and everything is melted and well combined.
5. Stir, taste and adjust seasonings, and serve hot.

VEGGIE BURRITO BOWL

Ingredients:

- 1 cup cooked brown rice
- 1/2 cup black beans (drained and rinsed)
- 2-3 tablespoons salsa (or to taste)
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar or Mexican-blend cheese



Instructions:

1. Prepare brown rice according to package instructions.
2. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese.
3. Microwave on high for 30-60 seconds, or until heated through
4. Add additional toppings if desired

BEAN & CHEESE BURRITO

Ingredients:

- 2 (15.4 oz) can refried beans
- 6 (9-inch) Flour Tortillas
- 1 cup shredded Cheddar cheese



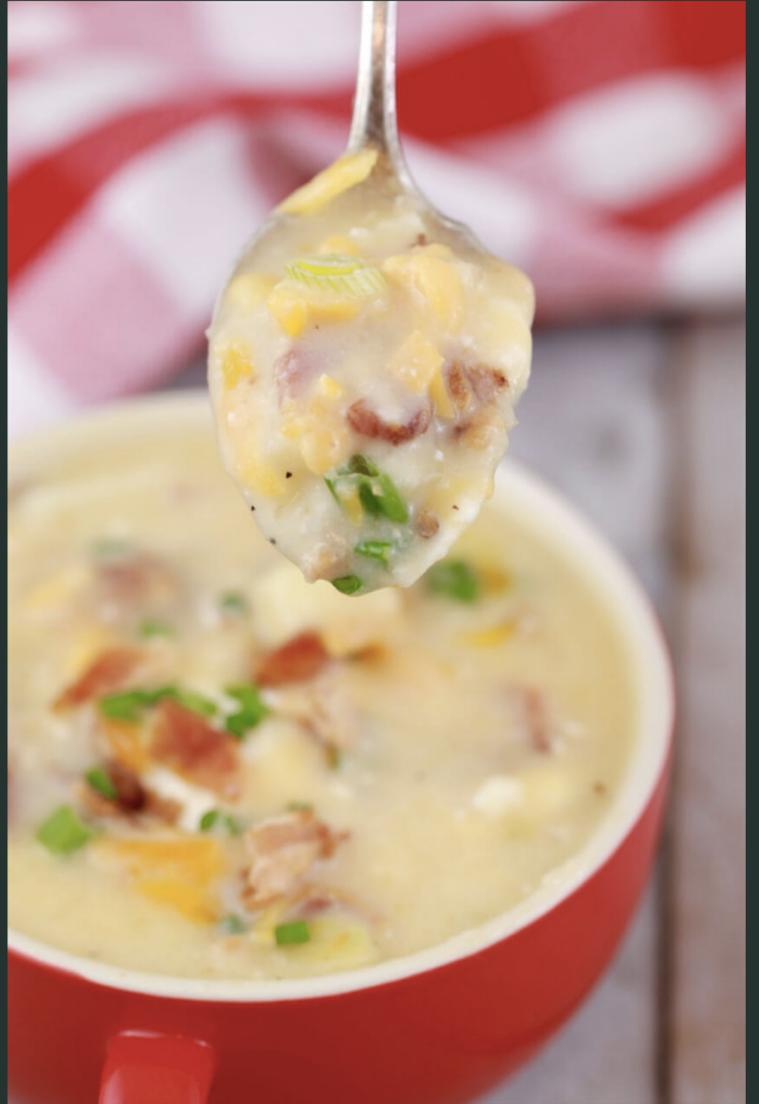
Instructions:

1. Reheat the beans according to package directions. Meanwhile, divide the tortillas into 2 groups of 3. Place on a microwavable plate, cover with a damp paper towel, heat for 30 sec., then turn and heat for another 30 sec. Repeat with the second batch of 3.
2. Arrange the tortillas on a flat surface and divide the beans evenly between all 6. Place beans in the center of the tortillas, leaving enough room to roll. Divide the cheese evenly on top of the beans. Fold the top and bottom of the tortilla into the beans and roll tightly. Microwave each burrito for 30 sec. and serve warm.

LOADED BAKED POTATO SOUP

Ingredients:

- ¾ cup (6oz, 170g) water
- 3 tablespoons potatoes , in small cubes
- 1 tablespoon white onion , chopped
- 2 tablespoons cheddar cheese
- 1 tablespoon bacon , cooked
- 2 tsp cornflour (cornstarch)
- ½ cup (4oz, 115g) chicken stock (or vegetable stock)
- ¼ cup (2oz, 56g) milk
- Salt & pepper
- Sour cream for garnish , optional



Instructions:

1. Add your potatoes and water into a large microwaveable mug. Microwave for 3-4 min or until the potatoes are tender. Check on it half way through and stir
2. Once cooked drain away the cooking water
3. Into the potatoes stir in the bacon, cheese and onions and cornflour. The cornflour will thicken your soup.
4. Stir in the stock and milk and season with salt and pepper
5. Place in the microwave and cook for 2 1/2 - 3 minutes or until it thickens and all of your ingredients have heated through. (Cooking time is based on my 1200W microwave so your timing might vary) Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook.
6. Serve topped with sour cream and some more sprinkles of bacon and chives

MINESTRONE

Ingredients:

- 1 cup each sliced carrots, celery and zucchini
- 1/2 cup diced sweet yellow pepper
- 1 small onion, chopped
- 1 tablespoon olive oil
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 can (14-1/2 ounces) beef broth
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 cup medium pasta shells, cooked and drained
- 1/2 to 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper



Instructions:

1. In a 2-qt. microwave-safe bowl, combine the carrots, celery, zucchini, yellow pepper and onion. Drizzle with oil; toss to coat.
2. Cover and microwave on high for 3 minutes. Stir in the remaining ingredients. Cover and cook on high for 9-11 minutes.

CREAMY TOMATO SOUP

Ingredients:

- 1 cup marinara sauce
- 1/2 cup chicken broth
- 1/4 cup heavy cream
or whole milk
- 2 tablespoons grated
parmesan cheese
- 1/4 teaspoon salt
- 1 pinch black pepper



Instructions:

1. Mix and microwave for 2–3 minutes covered with wet paper towel.
2. Garnish with croutons when eating (or eat with grilled cheese).

H O T & S O U R S O U P

Ingredients:

- 1 cup low sodium chicken broth
- 1 tbsp low sodium soy sauce
- 1/2 tbsp rice vinegar
- 1/4 tsp chili oil
- 1/4 cup firm tofu cut into 1/2 inch cubes
- 2 crimini mushrooms thinly sliced
- 1 tbsp cornstarch
- 1 1/2 tbsp water
- 1 1/2 tbsp whisked egg (about 1/2 an egg)
- 1/8 tsp ground white pepper
- 1 scallion thinly sliced



Instructions:

1. In a small bowl add water and cornstarch and stir until cornstarch is fully dissolved into the water. Set aside.
2. In a large microwave-safe bowl or mug that can hold at least 20 oz of liquid, add broth, soy sauce, rice vinegar, and chili oil. Stir to mix. Taste and adjust as needed.
3. Add in tofu and mushrooms. Stir them into the broth.
4. Place a paper towel over mug and put mug into microwave. Cook at full power for 2 minutes. Remove briefly and stir. Place back into microwave and cook for an additional 1 minute or until mushrooms are cooked.
5. While stirring the hot soup, add in the cornstarch slurry (if the cornstarch has separated from the water, give it a quick stir before adding it in) Make sure to do this while stirring the soup, otherwise the cornstarch will clump up. Stir until the cornstarch is fully mixed in.
6. Drizzle in the egg over the top and sprinkle ground pepper (you do not need to be stirring the soup as you do this). Use a fork to stir a few times, just until you see the egg start to ribbon. The soup should be hot enough to partially cook the egg so you will see the ribboning.
7. Cook the soup an additional 1 minute or until thickened and egg is fully cooked. Garnish with scallions.



VEGGIES



**BAKED
POTATO**

**SWEET
POTATO**

**BRUSSEL
SPROUTS**

BROCCOLI

GREEN BEANS

ASPARAGUS

MUSHROOMS

BAKED POTATO

Ingredients:

- 1 large russet potato
- salt and ground black pepper to taste
- 1 tbsp shredded cheddar cheese
- 1 tbsp sour cream



Instructions:

1. Scrub potato and prick with a fork. Place on a microwave-safe plate.
2. Microwave on full power for 5 minutes. Turn potato over, and microwave until soft, about 5 more minutes.
3. Remove potato from the microwave, and cut in half lengthwise. Season with salt and pepper and mash up the inside a little with a fork.
4. Add butter and Cheddar cheese. Microwave until melted, about 1 more minute.
5. Top with sour cream, and serve.

SWEET POTATO

Ingredients:

- 1 medium sweet potato

optional ingredients:

- butter
- salt
- other toppings that you would like!



Instructions:

1. Wash and dry the sweet potato. Don't peel it. Pierce it in a few places with a fork.
2. Place the potato on a paper towel and microwave it on high for 3 minutes. Turn it to the other side and microwave for 2 more minutes or until fork-tender.
3. Be careful when removing the sweet potato from the microwave – it will be hot. Allow it to rest for 2 minutes, then cut it in half.
4. If desired, sprinkle the potato with kosher salt and top it with butter. Serve immediately.
5. Add any other toppings if you would like to!

B R O C C O L I

Ingredients:

- 1 large head broccoli chopped
- 3 tablespoons water
- 1 tablespoon salted butter optional
- Salt and pepper to taste optional



Instructions:

1. Place chopped broccoli in a microwave-safe bowl and pour water over the top.
2. Cover with a plate and microwave on high for 2 1/2 to 4 minutes, until broccoli is tender. Be careful when you remove the broccoli from the microwave. The steam will be hot!
3. Transfer broccoli to a serving dish. If desired, top with butter, tossing to coat. Sprinkle with salt and pepper to taste.

BRUSSEL SPROUTS

Ingredients:

- 1 cup (100g) Brussel sprouts, halved
- 2 teaspoons water



Instructions:

1. Add the halved Brussels sprouts and water to a microwavable glass dish.
2. Cover with a glass lid (knob lifted), or a wet paper towel if there is no access to a lid
3. Cook in the microwave for 3 minutes, or until the Brussels sprouts are fork-tender.
4. Add desired seasonings and enjoy

GREEN BEANS

Ingredients:

- 1 cup (90g) green beans
- 1 teaspoon water



Instructions:

1. Trim the stems off the beans.
2. Add green beans and water to a glass dish, and season with salt to taste.
3. Cover with glass lid (knob lifted), or a wet paper towel if there is no access to a lid.
4. Cook in the microwave for 2–3 minutes, or until the green beans are tender.

ASPARAGUS

Ingredients:

- 7-8(6 ounces)
asparagus, trimmed
- any desired
seasonings



Instructions:

1. Cut the tough, fibrous ends off of the asparagus.
2. Place in an glass dish and cover with a glass lid (knob lifted), or a wet paper towel if there is no access to a lid.
3. Cook in the microwave for 3 minutes, or until asparagus is bright green and tender, but not mushy.

M U S H R O O M S

Ingredients:

- 2 cups mushrooms
(sliced) (120g) - 7-9
mins OR
- 3 cups mushrooms
(sliced) (180g) - 10-
12 mins OR
- 4 cups mushrooms
(sliced) (360g) - 12-
14 mins



Instructions:

1. Slice mushrooms. Place in a glass dish.
2. Cook uncovered in the microwave for the time listed in the table, or until mushrooms are soft.



DESSERTS



**BANANA
PUDDING**

**PUMPKIN
MUG CAKE**

**CAKE MIX
MUG CAKE**

**BANANA
BREAD**

**RICE
KRISPIE
TREAT**

**OREO MUG
CAKE**

BROWNIE

**CINAMMON
ROLL**

**CHOCOLATE
CHIP COOKIE**

**APPLE
CRISP**

BANANA PUDDING

Ingredients:

- 100g butter, softened, plus extra for greasing
- 2 ripe bananas
- 100g light muscovado sugar
- 100g self-raising flour
- 2 tsp ground cinnamon
- 2 eggs
- 2 tbsp milk
- icing sugar, toffee sauce and ice cream, to serve, if you like



Instructions:

1. Put the butter in a 1-litre baking dish and microwave on High for 30 secs-1 min until melted. Add 1½ bananas, mash into the melted butter, then add the sugar, flour, cinnamon, eggs and milk. Mix together well.
2. Slice the remaining banana over the top, then return to the microwave and cook on High for 8 mins until cooked through and risen. Serve warm, dusted with icing sugar, if you like, with a drizzle of toffee sauce and a scoop of ice cream.

PUMPKIN MUG CAKE

Ingredients:

- 1 tablespoon butter Melted
- 2 tablespoon milk At room temperature
- ½ teaspoon vanilla
- 2 tablespoon pumpkin puree At room temperature
- 3 tablespoon maple sugar
- ¼ cup flour
- ½ teaspoon pumpkin pie spice
- ½ teaspoon baking powder
- ¼ teaspoon salt



Instructions:

1. In a medium sized mug, melt the butter. Add in the milk, the vanilla, the pumpkin puree, and sugar, and mix until well combined.
2. Add in the flour, pumpkin pie spice, baking powder, and the salt and stir again until the mixture is free of lumps. Microwave for 60 seconds, then top with vanilla frosting if desired and enjoy!

CAKE MIX MUG CAKE

Ingredients:

- 6 tablespoon Betty Crocker™ Super Moist™ Favorites Yellow Cake Mix (or other cake mix)
- 4 tablespoon water
- 1 tablespoon Sprinkles



Instructions:

1. Add the cake mix to the mug,, then top that with the cake mix. Mix well until the cake batter is free of lumps and microwave for 60–70 seconds on high.
2. Top with whipped cream and more sprinkles.

BANANA BREAD

Ingredients:

- 1 & ½ tablespoon butter
- 2 & ½ tablespoon brown sugar
- 1 yolk
- 1 & ½ tablespoon milk
- 1 small banana about 95 grams, mashed.
- 4 tablespoon flour
- 1 pinch of salt
- ½ teaspoon baking powder
- 1 tablespoon walnuts roughly chopped



Instructions:

1. In a large mug, melt the in the microwave for 15–30 seconds. Add in the brown sugar and the egg yolk and milk, add in the milk and the mashed banana and mix once again.
2. Add in the flour, salt, baking powder, and the walnuts and stir just until combiner. Microwave on high for 2 minutes and enjoy your mug cn.
3. If your banana mug cake still seems a bit raw bake it for an additional 10 seconds and check it again.

OREO MUG CAKE

Ingredients:

- 4 Oreo Cookies
- 3 tablespoons
milk



Instructions:

1. Place the Oreo cookies in a mug (use one that holds at least 8-ounces of liquid). Use a fork to crush the cookies as much as you can.
2. Add milk and stir, crushing up the cookies even more as they soften in the milk.
3. Place in the microwave and cook on high power for 1 minute. Check to make sure the mixture looks solid, not liquidy, and if needed heat up to an additional 30 seconds.
4. Cool at least 5 minutes before eating. Serving suggestion: top with whipped cream.

RICE KRISPIE TREAT

Ingredients:

- ½ Tablespoon unsalted butter
- 6 large marshmallows, or ¾ cup mini marshmallows
- ½ to ¾ cup Rice Krispies cereal, dry



Instructions:

1. In a microwave-safe mug (preferably 12 ounces) or small bowl, add butter and microwave for 15–20 seconds or until just melted. Tip the mug slightly to the side and roll the melted butter around to coat the edges a bit.
2. 1/2 Tablespoon (1/2 Tablespoon) unsalted butter
3. Add marshmallows and microwave again for 30 seconds. Carefully remove from microwave and stir to combine. Immediately add Rice Krispies cereal and stir to combine. Start with 1/2 cup, then add up to another 1/4 cup more if you'd like it thicker.
4. 6 large marshmallows
5. 1/2 to 3/4 cup (64 grams) Rice Krispies cereal
6. If you want to make a single serving Rice Krispie treat square, press it into a square shape on a plate and let it set for a few.

CINNAMON ROLL

Ingredients:

- 1/4 cup all-purpose flour or Kodiak Cakes pancake mix*
- 1/4 teaspoon baking powder
- 2 tablespoons unsweetened vanilla almond milk or other milk + 1-2 tablespoons more, as needed
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- 1 teaspoon oil or melted butter**
- 1 tablespoon brown sugar or coconut sugar
- 1/4 teaspoon ground cinnamon



Instructions:

1. Spray a microwavable mug with cooking spray and then mix together flour (or pancake mix), baking powder, milk, maple syrup, vanilla and oil (or melted butter) inside. Add 1-2 tablespoons more of milk, if needed for desired consistency. You want the batter to stay thick, but not dry.
2. In a small bowl, whisk together brown sugar and cinnamon and sprinkle over the top of the mixture in mug. Use the tip of a knife to swirl cinnamon mix into the top of the batter.
3. Microwave on high for about 1 minute and 25 seconds. Take out of the microwave and if desired transfer muffin to a plate. Enjoy!

BROWNIE

Ingredients:

- 1/4 cup granulated sugar
- 3 tablespoons unsweetened natural cocoa powder
- 3 tablespoons water
- 2 tablespoons canola or vegetable oil
- 2 tablespoons light brown sugar, packed
- 1/2 teaspoon vanilla extract
- pinch salt, to taste
- 1/4 cup all-purpose flour
- 1/3 cup semi-sweet chocolate chips*
- ice cream or whipped topping, optional for serving



Instructions:

1. To a small microwave-safe bowl, add the granulated sugar, cocoa, water, oil, brown sugar, vanilla, salt, and whisk to combine.
2. Add the flour and stir until just combined, don't overmix.
3. Add the chocolate chips and stir to combine.
4. Cook on high power in the microwave for about 1 minute, or until the brownie is as set in the center as desired. All microwaves, bowls, ingredients, and preferences for doneness vary, so you will need to experiment with how long it takes to cook given your variables. I recommend stopping to check at the 45-second mark and going from there in 15-second bursts as necessary.
5. Optionally add ice cream or whipped topping and serve immediately. Brownie is best warm and fresh.

CHOCOLATE CHIP COOKIE

Ingredients:

- 2 tablespoons butter
- 1 tablespoon brown sugar
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon vanilla extract
- 3 tablespoons flour
- 2 tablespoons chocolate chips
- $\frac{1}{2}$ cup ice cream, optional



Instructions:

1. Add 2 tbsp butter, 1 tbsp brown sugar, 1 tbsp sugar, $\frac{1}{4}$ tsp baking powder, $\frac{1}{8}$ tsp salt and $\frac{1}{4}$ tsp vanilla in a bowl and mix.
2. Next, add 3 tbsp flour and 2 tbsp chocolate chips and mix thoroughly. Transfer the mix to a microwave-friendly bowl and heat for 60 seconds. Top with ice cream.

APPLE CRISP

Ingredients:

- 4 large Granny Smith apples - peeled, cored and sliced
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{3}{4}$ cup quick cooking oats
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup butter, melted
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon allspice



Instructions:

1. Spread apples evenly in an 8-inch square glass baking dish. Mix together brown sugar, oats, flour, melted butter, cinnamon, and allspice in a medium bowl until well combined; sprinkle evenly over apples.
2. Cook on high in the microwave until apples are easily pierced with a knife, 10 to 12 minutes.