

# What's in the





# Macaroni & Cheese

## **Ingredients**

½ cup small elbow macaroni½ cup water½ finely shredded cheddar cheesePinch salt and pepper

## **Supplies**

1 mug (at least 2.5 cup size) 1 lg microwave safe plate Measuring tools 1 pair oven mitts 1 spoon

#### How to

- 1. Add water & macaroni into mug.
- 2. Place mug on large microwave safe plate.
- 3. Microwave for 1 minute on full power.
- 4. Remove plate carefully. It may be hot so use oven mitts.
- 5. Stir macaroni, making sure to get any stuck macaroni off the sides and bottom.
- 6. Microwave for 1 minute again then stir.
- 7. Check you water level in the plate. If most of the water has overflown the cup add 2 tbsps.
- 8. Continue to microwave in 30 second intervals and stirring between each. If your macaroni gets very dry add 1 tbsp of water.
- 9. Work quickly after macaroni is soft by adding the cheese.
- 10. Stir till macaroni is coated with melted cheese.
- 11. Stir in salt and pepper.
- 12. Eat!



# **Blueberry Mug Cake**

# **Ingredients**

2 tbsp butter

2 ½ tbsp sugar

2 tbsp milk

½ tsp vanilla

½ tsp baking powder

1/4 cup flour

7-8 blueberries

# **Supplies**

1 mug 1 mini whisk/fork Measuring tools 1 pair oven mitts

#### How to

- 1. Melt butter in mug for 10-25 seconds.
- 2. Whisk together in mug using a fork: butter, sugar, milk, vanilla.
- 3. Add baking powder & flour and whisk till combined.
- 4. Drop in your blueberries, stir if you wish.
- 5. Microwave for 1 minute.
- 6. If cake isn't pulling away from sides microwave for 30 second intervals till cake is spongy and bounces back when poked.



# Pizza with a Handle

# **Ingredients**

4 tbsp flour

⅓ tsp baking powder

1/16 tsp baking soda

1/8 tsp salt

3 tbsp milk

1 tbsp olive oil

1 tbsp pizza/pasta sauce

1 tbsp shredded mozzarella cheese

5 mini pepperoni

½ tsp dried Italian herbs

# **Supplies**

1 large mug Measuring tools 1 mini whisk or fork

#### How to

- 1. Mix flour, baking powder, baking soda and salt together in mug.
- 2. Add milk and oil, whisk together. A couple lumps is okay.
- 3. Spoon on sauce and spread around.
- 4. Sprinkle cheese, pepperoni and herbs.
- 5. Microwave 90 seconds. Toppings should be bubbling.
- 6. Caution cheese will be hot but enjoy!



# **Chocolatey French Toast**

# **Ingredients**

1 piece of thick cut bread

(de-crusted and cut into bite size cubes)

1/4 cup milk

1 egg

2 tbsp syrup

1 tsp cinnamon

1 pinch salt

1 tbsp chocolate chips

## **Supplies**

1 large mug

1 fork

Measuring tools

#### How to

- 1. Mix egg, milk, syrup, cinnamon and salt into mug.
- 2. Submerge bread into mug solution.
- 3. Stir in chocolate chips.
- 4. Microwave for 2 minutes. Press pause every 30 seconds, count to ten and press start again.
- 5. Let cool 1-2 minutes then dig in.



# Omelet in a Mug

# **Ingredients**

2 large eggs

1 tbsp meat (diced)

1 tbsp salsa

1 pinch of salt, pepper and cayenne pepper

1 tbsp shredded cheese

½ stem of green onion (diced)

1 tsp Ketchup

## **Supplies**

Cooking spray 1 mini whisk/fork 1 large mug Measuring tools

#### How to

- 1. Coat the inside of your mug with cooking spray.
- 2. Add eggs and whisk for 1 minute.
- 3. Add meat, salsa, cheese, seasonings and whisk.
- 4. Microwave for 1 minute.
- 5. Stir to break up any large chunks of egg.
- 6. Cook for 45-60 seconds more till eggs are firm.
- 7. Top with green onion and ketchup!



# **Apple Crisp**

# **Ingredients**

Filling

1 apple (peeled and sliced thin)

½ tbsp butter (melted)

1/4 tsp cinnamon

1 tsp brown sugar

1 tsp flour

## Crisp Topping

2 tbsp butter (soft, not melted)

1 tbsp flour

3 tbsp old fashioned oats

1 tbsp brown sugar

1/4 tsp cinnamon

# **Supplies**

Small bowl Large mug/ramekin Measuring tools 1 fork 1 pair oven mitts

#### How to

- 1. Mix filling ingredients in a small bowl.
- 2. Mix crisp topping ingredients in a small bowl using a fork.
- 3. In a large mug or ramekin, layer half apples topped with half of the crisp topping mixture. Repeat.
- 4. Microwave for 3 minutes.
- 5. It will be very hot use oven mitts to take from microwave.
- 6. Enjoy! Top with your favourite whipped topping or ice cream.



# **Dessert in a Mug**

# **Ingredients**

- 1 chocolate pudding cup
- 1 vanilla pudding cup
- 1 ripe banana (cut into coins)
- 4 strawberries (diced)
- 2 tbsp crushed pineapple (strained)
- 1 tsp sprinkles
- 2 tbsp whipped topping (heaping)

# **Supplies**

2 mugs Measuring tools

#### How to

- 1. Layer into each mug, carefully avoiding smearing down the side of the mug.
- 2. Add half the bananas into each mug.
- 3. Add ½ chocolate pudding cup into each mug.
- 4. Add half the strawberries into each mug.
- 5. Add ½ vanilla pudding cup into each mug.
- 6. Add 1 tbsp of crushed pineapple into each mug.
- 7. Add 1 heaping this of whipped topping.
- 8. Sprinkle  $\frac{1}{2}$  tsp sprinkles on each mug.
- 9. Let chill for 30 minutes.
- 10. Enjoy.



# **Cheesecake Mug**

## **Ingredients**

4 tbsp cream cheese (softened)

2 tbsp sour cream

1 egg

½ tsp lemon juice

1/4 tsp vanilla

2-3 tbsp sugar

## **Supplies**

1 large microwave safe mug

1 pair oven mitts

1 fork

Measuring tools

#### How to

- 1. Mix all the ingredients in microwave safe mug.
- 2. Cook for 30 seconds, stir, 30 seconds, stir, 30 seconds, stir.
- 3. Refrigerate for 1 hour or until serving.
- 4. Optional: serve topped with fresh fruit and whipped cream.

5. Enjoy!



# **Cheddar Biscuit for One**

## **Ingredients**

5 tbsp flour

½ tsp baking powder

1 tbsp butter (cold)

4 tbsp milk

½ tsp parsley (dried)

1/4 tsp garlic salt

1/4 tsp old bay seasoning (double garlic salt as substitute)

4 tbsp grated cheddar cheese

# **Supplies**

1 fork Measuring tools 1 large mug

#### How to

- 1. In mug mix together flour, baking powder, parsley, garlic salt and old bay seasoning.
- 2. Chop butter into small pieces and mash into the flour mixture with a fork. The flour should look crumbly.
- 3. Add milk and stir till batter forms.
- 4. Gently mix the cheese in.
- 5. Microwave for 90 seconds and check. If biscuit seems moist microwave for additional 30 seconds. Enjoy!



## **Ingredients**

1 can cream of chicken soup
2/3 cup mixed cubed frozen vegetables
1 tsp garlic powder
2 cups of shredded cooked chicken
Salt and pepper
1 can biscuit dough

## **Supplies**

1 bowl Spatula 4 oven safe mugs/ramekins Baking sheet 1 pair oven mitts Measuring Tools

#### How to

- 1. Preheat oven to 350 degrees F.
- 2. Mix the soup, veggies, spices and chicken in a bowl.
- 3. Fill 4 mugs/ramekins ¾ full of the filling.
- 4. Top each with 1 biscuit.
- 5. Put on a baking sheet.
- 6. Bake for 15-20 min
- 7. Let cool 2-5 minutes.
- 8. Enjoy!



# **Rice Krispies for Uno**

# **Ingredients**

1/2 tbsp butter
1 cup rice krispies
1 1/4 cup mini marshmallows or 9 large

# **Supplies**

1 large mug 1 pair oven mitts Measuring tools

#### How to

- 1. Place the butter and marshmallows in the mug and microwave for 30 seconds or until the butter is completely melted.
- 2. Add the rice krispies and stir quickly after adding cereal.
- 3. ENJOY!



# Fettuccine Alfredo to Go

# **Ingredients**

1/3 cup broken fettuccine (break each stick into 4)

1/3 cup water

1/3 cup parmesan (grated)

2 tbsp heavy cream

Salt and pepper

# **Supplies**

1 large mug 1 pair oven mitts Measuring tools

#### How to

- 1. Put pasta in mug with water and pinch of salt.
- 2. Microwave for 4 minutes.
- 3. Stir.
- 4. Microwave for 2 minutes.
- 5. Stir.
- 6. Microwave for 1 minute.
- 7. Add cheese and heavy cream.
- 8. Stir.
- 9. Microwave for 45 seconds.
- 10. Add pepper and enjoy!



# **Mug Pumpkin Pie**

# **Ingredients**

1 tsp butter

2 tbsp graham crumbs

1/3 cup pumpkin puree

1 large egg

1 tbsp milk/cream

2 tsp packed brown sugar

1 tsp pumpkin pie spice

## **Supplies**

1 large mug

1 pair oven mitts

1 bowl

1 whisk

1 microwave safe plate

1 butter knife

Whipped cream

Measuring Tools

#### How to

- 1. Add butter to mug and microwave for 15-25 seconds till melted.
- 2. Stir in crumbs and press firmly into bottom of mug.
- 3. In a small bowl whisk together puree, egg, milk/cream, brown sugar and spice.
- 4. Pour on top of the crust.
- 5. Place mug on microwave safe plate.
- 6. Microwave for 2-5 minutes. Start with 2 minutes and add a minute after checking with a knife inserted into pie comes out clean.
- 7. The top may look damp but will set as it cools.
- 8. Carefully remove from microwave using oven mitts.
- 9. Let stand to cool then top with whipped cream.

10. Enjoy!



# **Cinnamon Roll with Glaze**

# **Ingredients**

Roll

<sup>2</sup>/<sub>3</sub> cup bisquick

6 tbsp vanilla Greek yogurt

1 tbsp butter

1 tbsp cinnamon

1 tbsp brown sugar

Glaze

2 tbsp icing sugar

½ tbsp water

# **Supplies**

Bowls

Spatula

Measuring tools

#### How to

- 1. Mix bisquick and yogurt together in a bowl till dough ball forms.
- 2. Use your hands and press the dough as flat as you can on a flat surface.
- 3. Microwave butter for 5-10 seconds, add cinnamon and sugar.
- 4. Spread mixture over dough.
- 5. Roll dough hotdog and cut in half.
- 6. Place rolls in mug, cut side up.
- 7. Microwave for 90-120 seconds or till cooked in the center.
- 8. Mix glaze and top when rolls are done.
- 9. Enjoy!



# **Snickerdoodle Cake**

# **Ingredients**

1/4 cup + 2 tbsp flour

2 tbsp sugar

1/4 tsp baking powder

1/4 tsp cinnamon

1/4 cup milk

2 tbsp butter (melted)

½ tsp vanilla

1 tbsp sugar

1/4 tsp cinnamon

## **Supplies**

Bowl Measuring tools Spatula Whisk

#### How to

- 1. Whisk in a small bowl: flour, sugar, baking powder and cinnamon.
- 2. Add and mix in milk, butter and vanilla till smooth.
- 3. In large mug add a big scoop of batter and sprinkle in a pink of cinnamon and sugar. Repeat ending with cinnamon and sugar.
- 4. Microwave on high for 60-90 seconds till your cake is done.