What's in the Me:

## Macaroni \& Cheese

## Ingredients

$1 / 2$ cup small elbow macaroni
$1 / 2$ cup water
$1 / 2$ finely shredded cheddar cheese
Pinch 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
$21 / 2$ tbsp sugar
2 tbsp milk
$1 / 2$ tsp vanilla
$1 / 2$ 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
1⁄8 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
$1 / 2$ 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
$1 / 2$ 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)
$1 / 2$ 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 halfof the crisp topping mixture. Repeat.
2. Microwave for 3 minutes.
3. It will be very hot use oven mitts to take from microwave.
4. 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 $1 / 2$ chocolate pudding cup into each mug.
4. Add half the strawberries into each mug.
5. Add $1 / 2$ vanilla pudding cup into each mug.
6. Add 1 tbsp of crushed pineapple into each mug.
7. Add 1 heaping tbsp of whipped topping.
8. Sprinkle $1 / 2$ 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
$1 / 2$ 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
$1 / 2$ tsp baking powder
1 tbsp butter (cold)
4 tbsp milk
$1 / 2$ 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!

## QCPP

## Quadruple Chicken Pot Pie

## 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 $3 / 4$ full of the filling.
4. Top each with 1 biscuit.
5. Put on a baking sheet.
6. Bake for $15-20 \mathrm{~min}$
7. Let cool 2-5 minutes.
8. Enjoy!

## Rice Krispies for Uno

## Ingredients

$1 / 2$ tbsp butter
1 cup rice krispies
$11 / 4$ 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
²/3 cup bisquick
6 tbsp vanilla Greek yogurt
1 tbsp butter
1 tbsp cinnamon
1 tbsp brown sugar
Glaze
2 tbsp icing sugar
$1 / 2$ 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)
$1 / 2$ 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.
