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Savory Mug Cooking

SAVORY MUG COOKING



Synopsis

It's great to cook for large family or group of friends, but sometimes it's just you, and you're hungry. What's better than a warm lunch in a cozy mug? You know there are lots of Make-A-Cake-In-A-Mug recipes out there, but what about when you want a real meal, not just something sweet? Quiche, omelets, soups, vegetables, dips and spreads, even meatballs, and jerk chicken, right at hand! In mere moments, you can make a hot, fresh breakfast, lunch, dinner, or dessert. All of these easy recipes are single-serving, made of wholesome ingredients---no mixes here! Every recipe can be made in under 4 minutes, right in your own cup. Perfect for those mornings when you're running late, or want a hot nutritious lunch at the office. They're also great for after-school snacks; mouth-watering, delicious, nutritious, and so simple a child can make them! Clean up is easy, too; each portion controlled recipe has no leftovers, with only a mug to wash. These microwave recipes will quickly become your favorites. Feel free to expand on them, making them your own. Grab your mug and get creative!

Book Information

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Customer Reviews

Book was a huge disappointment. There are 8 snack recipes, 13 breakfast recipes, 14 lunch/dinner

recipes, 8 vegetables/fruit, 6 beverage, 4 desserts and that's it. No pictures in the book or page numbers but since the book is so small it's not hard to find a recipe. Big disappointment there are better recipes on Pinterest for free.

Very disappointed. The beginning of the book implies that recipes are made with ingredients that aren't pre-processed, and then the recipes include items such as Instant Mashed Potato Mix. I felt misled. Thankfully, I was able to return this item for a refund.

I LOVE THE EASE & CONVENIENCE OF THE RECIPES IN A MUG !!'VE ALREADY TRIED MANY,AND THE GRANDKIDS THINK IT IS COOL TO EAT THAT WAY, THEY GET TO CHOOSE FROM ONE OF MY MANY MUGS !

Simple recipes using ingredients you probably already have in your home. Quick to make and they taste great. Just wish there were MORE recipes!

This little book gives what it promises. If I can do these recipes so can you. Just try them and see

This book is worth the price ! I love all of the recipes and my family do as well :)

i did like this one very much..i live by my self and it was very helpful to me

very handy when you are alone or to take to work

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