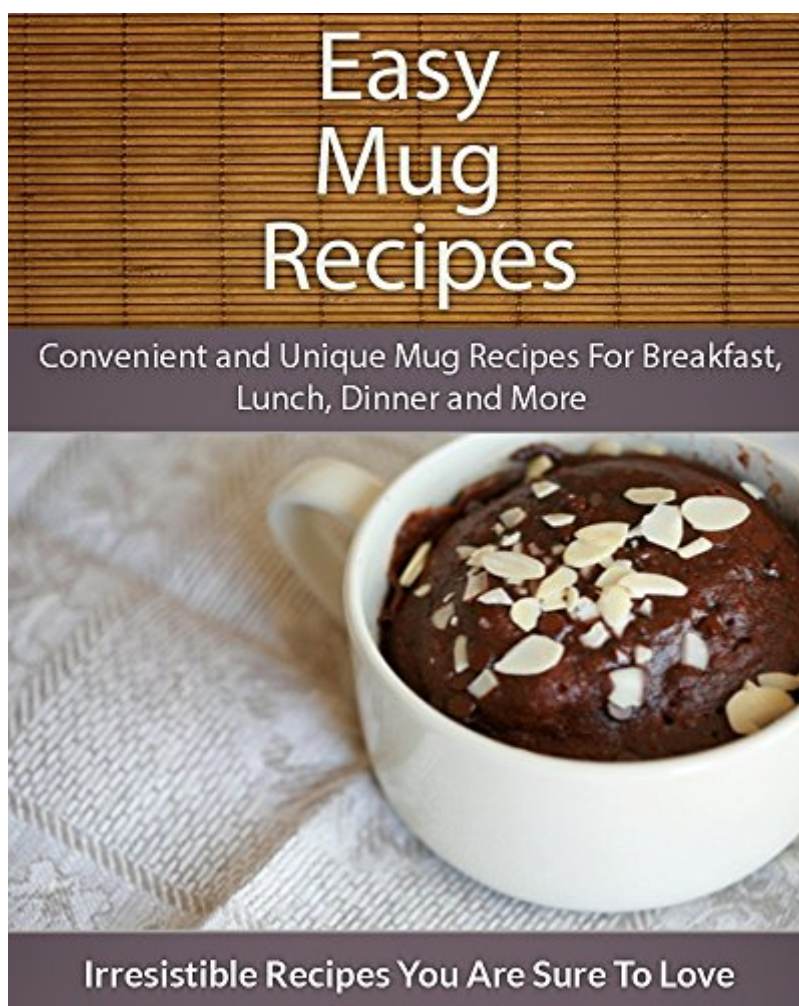


The book was found

Easy Mug Recipes: Convenient And Unique Mug Recipes For Breakfast, Lunch, Dinner And More (The Easy Recipe)



Synopsis

Have you ever wanted a quick meal or a sweet treat but just didn't feel like creating a huge mess in the kitchen? Many college kids, young professionals and older adults that live alone just don't have the time or the energy to cook elaborate meals and desserts and it can actually be more difficult and expensive to turn a family recipe into a single-serving recipe. So what can you do when you're all alone and you just want a single-person meal or treat? Try a mug recipe. A mug recipe is a meal or dessert that is made entirely in a standard coffee mug. Most ingredients are placed directly into the mug with no outside preparation or cooking needed except basic cutting, peeling, and measuring. Ingredients are then heated in the microwave oven for a short time, typically less than 5 minutes. After a brief cooling period, the meal or dessert can then be eaten directly from the mug with a fork or a spoon. Most mug recipes require no more utensils than the mug and a spoon, making clean up a breeze. Mug recipes can give you the ability to create a truly delicious, hearty meal or dessert in a very short time with very little cleanup, perfect for a single person eating a meal for one. In This Recipe Book You'll Find:-Pumpkin Caramel Cake-Omelet in a Mug-Nutella Mug Cakes-Chicken Pot Pie in a Mug-Meatloaf in a Mug-Peach Mug Cobbler-Chocolate Pudding in a Mug-And Much, Much More!

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Customer Reviews

I downloaded this book this morning and promptly drove to town to pick up a few items I needed to make some of these recipes. The strawberry pie is cooling and my mouth is watering waiting. We have to make many long distance trips to doctors and on top of that my oven quit working. I can make these recipes and still have home cooked desserts for my family. The red velvet cake is the first I have ever seen that calls for pureed beets. Going to purchase a jar of baby beets the next trip to the store. All the recipes are well written and easy to read. I had most of the ingredients in the house. You will find nutritional information for all the goodies.

Most of the recipes in this book are full of sugar and make 2-4 servings, with a couple of them making 4-6 servings. I found this funny bc in the intro, the author said this method of cooking was good portion control (only having one piece of cake vs. 2 or 3) and it is also good for a single person bc you don't have to modify full recipes to a single portion. I tried the omelet mug recipe and it was good, but I could have gotten that recipe off the internet. No doubt these recipes are delicious, but I don't want to make 4 servings of cake that has 50+ carbs per serving. I did like that nutritional info and pictures were included with each recipe.

The introduction implies how this is good for portion control and for singles, and there are no recipes for one (most are for 4 servings, some for 2).It would not be easy to divide the recipe when one of the ingredients is an egg,

FIRST, LET ME SAY THE RECIPES LOOK DELICIOUS! BUT, THERE ARE NONE FOR ONE PERSON. I AM ALONE AND ONLY HAVE ONE MUG. MY APOLOGIES FOR ALL CAPITALS THAT HAPPENS WHEN I DROP THIS PHONE SO MUCH.

I was looking forward to lunch and dinner recipes as was in the title. There were 3, unless you count having breakfast for dinner then there were 5. The rest of the recipes were for primarily cakes with a brownie and a couple cobblers and pies thrown in. Apparently desserts are the true focus for this

booklet.

If you are a single person (as I am) or you just don't want to cook big meals, this is the way to go. ALL the recipes are quick, easy and delicious. Dessert can be whipped up in a matter of minutes and all the ingredients are probably already in your cabinet. This book is a great little gem for anyone wanting to try mug recipes!

What a sweet book for a person cooking for one and also having a disability makes it that much sweeter of a deal. I can't wait to try them. KEEP them coming and make them and advertise them for seniors , people with disabilities and people that just plain like to cook.

Book looks interesting and helpful for quick food. Question: Can I put my mugs in the oven? There don't seem to be any instructions about what kind of mugs to use for conventional cooking, rather than microwave recipes...

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