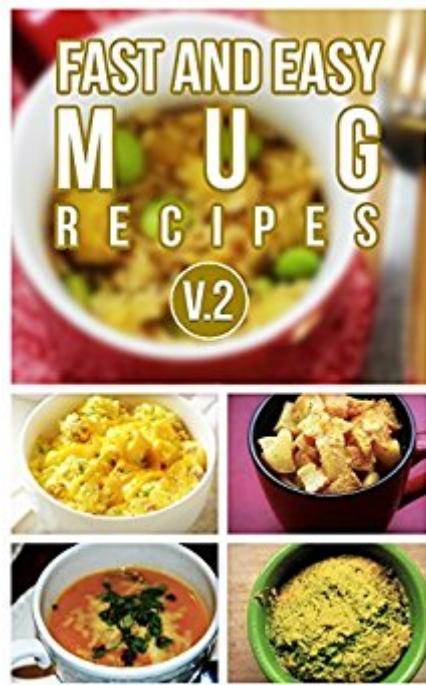


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Fast And Easy Mug Recipes V. 2



Synopsis

From the best seller Anela T. comes easy mug recipesWhat is inside this ebook?Inside this ebook are 25 brand new recipes in a mug. You can choose between 25 recipes, categorized in breakfast, lunch, dinner and dessert menus, all simple to make, but more than delicious.Recipes are written per one serving, but if you want to make something for two persons, just double the ingredients.See Sample of What is insideApple-cinnamon oatmeal with an egg boostSavory pumpkin muffinChicken vegetable soupSpinach, chickpea and pasta in a mug

Book Information

File Size: 1057 KB

Print Length: 39 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 21, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00M0N3494

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #506,872 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Microwave Cookery

#84 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #422

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Customer Reviews

Angela T. delivers Breakfast, Lunch, and Dinner recipes for a mug. These recipes are ideal for one person, if you are in a rush, and there are no leftovers. The author provides info in the Introduction about the type of mugs to use, along with other helpful advice. My daughter purchased 12 fl. oz porcelain mugs for us as during the holidays, and I was searching for mug recipes. This mug cookbook was perfect.Each Recipe includes Ingredients(many are common); Nutritional Analysis; Plus Bad Points, such as high in cholesterol. We made the Mug Quiche, the Coconut Mug Cake,

and the Chicken And Garlic Mug Dinner. They were all delicious, and I was surprised, but they were also satisfying, and filling. Until we purchased this mug cookbook, I had no idea how fast and easy it is to make a tasty meal. Some of the delicious recipes include: Potato-Pumpkin Mug Soup; Mushroom Mug Soup; Strawberry Shortcake, Mug Brownie; Mug Cheesecake; Herbs And Cheese Muffin; Veggie Scramble; Omelet In A Mug; Mug French Toast; Meatloaf; Mug Macaroni And Cheese; Coffee-Pumpkin Cake; Banana Mug Cake; And other tasty recipes. Our next selection will be the Caramel Mug Cake, and the Potato-Pumpkin Mug Soup. Each recipe only requires a few ingredients, and many of which I already have at home. Cook time for the microwave isn't long, and the recipes are simple. There are lots of good ideas in this book at a great price. Highly recommended.

Being an 89 year old widower of more than three years I had to suddenly learn to make meals other than dry breakfast cereal and toast or cheese/baloney sandwiches. I was an expert at opening a can of soup. This book gave me the variety of delicious single serving meals that brightened my day and made dish washing almost a pleasure. Ironhair, Pine Grove, California

I love this recipe book of "Fast And Easy Mug Recipes, especially the "Brownie Mug". All these recipes are so yummy and have made most of them for me and my husband. All the recipes give you the Nutritional Analysis: Good points and Bad points such as: Low in sodium, High in selenium for the good point. High in saturated fat for the bad point in the "Brownie Mug". Every recipe gives the Nutritional Analysis which I really like that they do that. Just make sure you have a big enough mug before you make these recipes. I highly recommend this recipe book.

Real life small portion easy recipes with ingredients I actually have in my kitchen. I can't wait to try them out. I especially like the good and bad points at the end. I will be recommending this to my friends also.

I like the concept and have used several recipes. The breakfast ones are a bit too complicated for me. I'm not a morning person. So I've simplified them. Because I camp in a small travel trailer with a microwave, these are handy for one person.

There are many good recipes, but for me, I find the task of preparation as timely as creating a regular meal and since I cook for more than one person, I don't usually use the Mug Recipes. I

made Creamy Tomato Soup, page 33. Easy and good. Also, made Cinnamon Roll in a Mug, page 90. It was good, however so much work for one. I would rather buy a cinnamon roll. This method of cooking is terrific for one serving but takes as much effort as cooking the regular way.

Excellent

VERY HAPPY WITH ITEM AND SERVICE

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