

## Meal In A Mug 80 Fast Easy Recipes For Hungry People All You Need Is A Mug And A Microwave

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Meal in a Mug: 80 fast, easy recipes for hungry people - all you need is a mug and a microwave Hardcover – 7 Aug. 2014 by Denise Smart (Author)

**Meal in a Mug: 80 fast, easy recipes for hungry people ...**  
Scrambled eggs in a mug is a very quick and easy meal to make using 2 simple ingredients and is ready in less than 10 minutes. By Delicious! ADVERTISEMENT. No Egg Chocolate Mug Cake. This easy chocolate mug cake is made with flaked almonds and no egg. It is ready in a few minutes and perfect if you're dying for something sweet.

**Made In A Mug Recipes - Allrecipes.com**  
Microwaving meals in a mug is trendy among college students because it's easy to make and easy to clean up. But there is no reason that this trend should be limited to college students-here are 19 easy recipes that kids and adults alike will enjoy, whether you're in a rush or just want to keep things simple!

**19 Foods To Make In A Mug! - TGIF - This Grandma Is Fun**  
Ditch the plates and whip up these quick mug meals faster than it takes you to pre-heat your oven. 73% of African Americans said they did not have emergency funds to cover three months of expenses.

**18 Dishes You Can Make in a Mug - Irresistible Sweet and ...**  
You've probably given mug brownies a try by now, but there's actually a whole world of meal possibilities out there, too. From breakfast to dinner and everything in between, these mug recipes ...

**23 Delicious Microwaveable Meal-in-a-Mug Recipes - SheKnows**  
Meal in a Mug: 80 fast, easy recipes for hungry people - all you need is a mug and a microwave Kindle Edition by Denise Smart (Author) Format: Kindle Edition 4.5 out of 5 stars 157 ratings

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Meal in a Mug: 80 fast, easy recipes for hungry people - all you need is a mug and a microwave by Denise Smart Porridge, eggs, stews, risottos, pasta, curry, soup, salad, snacks, brownies, cakes and bread - what ever you fancy, it can be made in minutes with a mug and a microwave.

**Meal in a Mug By Denise Smart | Used | 9780091958114 ...**  
It doesn't get simpler than meals in a mug. Toss all the ingredients in, give it a little stir, pop it in the microwave and voila! This delicious variety of easy meals in a mug takes just minutes to make, but tastes like you've been at it all day! From breakfast to dessert, these twelve single serving sensations will leave your belly full ...

**12 Healthy Meals in a Mug - Get Healthy U**  
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**Meal in a Mug: 80 fast, easy recipes for hungry people ...**  
Turns out the humble mug is a prime vessel for single-serving pot pies, small-portion pastas and healthy lasagna for one. Perfecting the mug meal is quite easy: You can take the super quick route and mix fresh veggies, egg and rice into a mug and microwave it, or get a bit fancier by kneading a buttery pie crust and baking it on top. Voila!

**7 One-Mug Meals That Make Dinner A Cup Of Goey Goodness ...**  
Meal in a Mug (Paperback) 80 Fast, Easy Recipes for Hungry People—All You Need Is a Mug and a Microwave. By Denise Smart. Atria Books, 9781476798141, 128pp. Publication Date: June 16, 2015

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