

Pizza in a Mug



5 minutes

Ingredients

- 4 Tbsp all purpose flour
- 1/8 tsp baking powder
- 1/16 tsp baking soda
- 1/8 tsp salt
- 1/2 tsp Italian seasoning
- 3 Tbsp fat free milk
- 1 Tbsp vegetable oil
- 2 Tbsps shredded mozzarella cheese
- 14 mini pepperoni
- 1 Tbsp marinara sauce



Instructions

1. Mix flour, baking powder, baking soda, salt, seasoning, milk, and oil with a small whisk. Put ingredients in mug and mix until batter is smooth.
2. Add in 1 Tbsp of shredded cheese and 7 mini pepperoni and mix into batter. Sprinkle 1 tbsp of cheese evenly across surface of batter. Add the remaining mini pepperoni on top. Cook for approximately 1 minute in microwave. Eat with marinara sauce (either drizzle on top, or dip in spoonfuls).

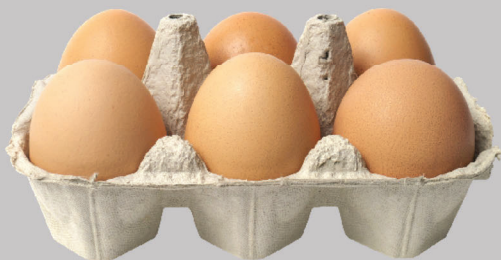


Recipe from: kirbiecravings.com

Scrambled Egg



2 minutes



Ingredients

- 1 egg
- 1/2 Tbsp butter
- 1 Tbsp milk
- 1 Tbsp of spinach, broccoli, mushrooms, cheese and tomatoes for added flavor.



Instructions

1. Place butter in a mug.
2. Microwave on High for 15 seconds or until butter melts.
3. Add all other ingredients.
4. Use a fork to scramble the eggs.
5. Microwave on High for 20 seconds.
6. Remove from microwave and break up the cooked parts around the edge and move them to the center of the dish.
7. Continue microwaving for 25 seconds. Stop one more time to break up the cooked parts and move them to the center.
8. When the egg is fully cooked, remove from microwave, stir, and enjoy!

Recipe adapted from: *4-H Microwave Magic Curriculum*



10 minutes

No Bake Breakfast Cookies

Ingredients

- 1/2 cup honey
- 1/2 cup non-fat dry milk (instant)
- 1/2 cup raisins (or chopped dates)
- 1/2 cup creamy peanut butter or alternative
- 2 1/2 cups crushed flaked cereal



Instructions

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.



5 minutes

Snickerdoodle Mug Cake

Ingredients

- 1/4 cup + 2 tablespoons all-purpose flour
- 2 tablespoons sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1/4 cup milk at room temperature
- 2 tablespoons salted butter melted and cooled
- 1/2 teaspoon pure vanilla extract



Instructions

1. In a small bowl, whisk together flour, sugar, baking powder, and cinnamon until thoroughly, completely combined, with no streaks of any ingredients remaining. Blend in milk, butter, and vanilla until batter is smooth. Into a 14-ounce (or larger) microwave-safe mug with straight sides, scoop a big spoonful of batter, then sprinkle with a spoonful of cinnamon sugar. Alternate layers, ending with cinnamon sugar.
2. Microwave on high for 1 to 1 1/2 minutes, or until cake is done to your liking. Allow to cool for a couple of minutes before serving.

For layering/topping:

- 1 Tbsp sugar
- 1/4 tsp cinnamon