

CHOCOLATE CHIP COOKIE IN A MUG

INGREDIENTS

1 tablespoon butter

3 drops of vanilla extract

1 tablespoon packed dark brown sugar

1 tablespoon granulated white sugar

small pinch of kosher salt

1 egg yolk

slightly less than 1/4 cup of all purpose flour

2 tablespoons of semi-sweet chocolate chips



NUTELLA MUG CAKE



INGREDIENTS

4 tablespoons of flour

1/4 cup of Nutella

1/4 teaspoon of baking powder

3 tablespoons of fat free milk

BROWNIE IN A MUG



INGREDIENTS

1/4 cup of flour

1/4 cup of sugar

2 tablespoons cocoa (unsweetened)

tiny pinch of cinnamon

1/4 cup of water

pinch of salt

1-2 drops of vanilla extract

2 tablespoons of vegetable oil

COOKIES N' CREAM MUG CAKE



INGREDIENTS

- 1/4 cup of white chocolate chips
- 3 tablespoons whole milk
- 4 tablespoons of all-purpose flour
- 1/4 teaspoon of baking powder
- 1/2 teaspoon vegetable oil
- 2 Oreo cookies



NUTELLA MUG CAKE



DIRECTIONS

1. Combine all ingredients into a mug. Mix with a small whisk until batter is smooth.
 2. Microwave for about 60 seconds. (When a sharp knife is inserted, it should come out clean to show the cake is done and not gooey.)
 3. If cake is not done, microwave for an additional 20 seconds.
 4. Let cake cool in mug completely before eating.
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CHOCOLATE CHIP COOKIE IN A MUG



DIRECTIONS

1. Melt and soften the butter in the microwave
 2. Add sugar, brown sugar, vanilla extract, and salt. Stir to combine.
 3. Separate your egg into yolk and egg whites. Add only the egg yolk and mix it into the mug. Throw away egg white.
 4. Add flour; then stir again.
 5. Add the chocolate chips; then stir again.
 6. Microwave for 40-60 seconds. Starting at 40 seconds, check to see if the cookie is done. Keep in mind that if it is slightly gooey, it will continue to solidify and bake even after it is finished (like a real cookie).
 7. Serve warm.
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COOKIES N' CREAM MUG CAKE

DIRECTIONS

1. Combine white chocolate chips and whole milk in a mug.
 2. Microwave for about 10 seconds. Take out to make sure the chocolate doesn't burn and whisk the mixture.
 3. Repeat this step about four times until the chocolate is completely melted.
 4. Add flour, baking powder, and oil into the mug and whisk until batter is smooth.
 5. Using a fork, smash Oreos into the batter until only small chunks of cookie remain.
 6. Cook in the microwave for about 60 seconds.
 7. Let cake cool a few minutes before eating. Best served warm.
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BROWNIE IN A MUG



DIRECTIONS

1. Mix flour, sugar, cocoa, salt, and cinnamon in a mug, making sure to break up any clumps.
 2. Add oil, water, and vanilla extract to the mug and stir until the mixture is smooth and there are no lumps.
 3. Microwave for 1 minute 40 seconds. It should be slightly moist and not dry when baked. (Additional time may need to be added.)
 4. Let cool for a minute and serve with a scoop of ice cream! (optional)
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CHILAQUILES IN A MUG



INGREDIENTS

1 egg

1 tablespoon of milk

1 tablespoon sharp cheddar cheese

1 tablespoon of salsa

pinch of salt and pepper

5 tortilla chips

sour cream and queso fresco (to taste)

MAC N' CHEESE IN A MUG



INGREDIENTS

1/2 cup of water

1/3 cup of elbow pasta (uncooked)

1 teaspoon of butter

1/2 cup of shredded cheese (of choice)

2-4 tablespoons of whole milk

QUICHE IN A MUG

INGREDIENTS

1 egg

pinch of salt and pepper

1.5 tablespoons of milk

2 teaspoons of cream cheese

1/4 cup of plain bagel or french bread

1/2 slice of prosciutto ham

Dijon mustard (to taste)

fresh thyme or chopped chives



BLUEBERRY MUFFIN IN A MUG WITH STREUSEL TOPPING



Pro Tip: Feeling creative? Try exchanging the blueberries for other kinds of fruit!

MUFFIN INGREDIENTS

- 1/4 cup of flour
- 2 tablespoons of granulated sugar
- 1/8 teaspoon of baking powder
- 3 tablespoons of fat free milk
- 1 tablespoon of vegetable oil
- handful of fresh blueberries

STREUSEL INGREDIENTS

- 1 tablespoon cold butter, chopped in tiny pieces
- 2.5 tablespoons of brown sugar
- 1.5 tablespoons of flour
- 1/8 teaspoon of cinnamon



MAC N' CHEESE IN A MUG



DIRECTIONS

1. Add water and pasta into mug. Microwave for 2 minutes. (Warning: it will be hot.)
 2. Give it a stir and microwave it again for 2 minutes.
 3. Stir and test your macaroni to see if it is finished. If not, microwave for another 60 seconds. (Your water may boil over a bit. This is normal.)
 4. Once the macaroni is cooked, drain out excess water.
 5. Add the butter, cheese, and milk. Stir together.
 6. Microwave for another 60 seconds until all cheese and butter is melted.
 7. Stir and enjoy!
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CHILAQUILES IN A MUG



DIRECTIONS

1. Beat egg and milk with a fork in the mug. Add salt and pepper.
 2. Add cheddar and stir to coat it in the mixture.
 3. Break tortilla chips in small pieces to fit inside the mug. Stir into the mixture.
 4. Add salsa.
 5. Microwave for about 70 seconds. Add sour cream and queso fresco if desired.
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BLUEBERRY MUFFIN IN A MUG WITH STREUSEL TOPPING

DIRECTIONS

1. **Prepare muffin.** Mix dry muffin ingredients together in mug (flour, baking powder, and sugar). One at a time, mix in wet ingredients into the mug with a whisk until mixture is smooth (milk and oil).
2. Drop blueberries into the mug, spreading them out in the batter.
3. **Prepare streusel topping.** In a separate container, mix together flour, cinnamon, and brown sugar.
4. Drop the pieces of butter into the dry mixture, making sure each piece is thoroughly coated. Mix together. This will make your mixture crumbly.
5. Sprinkle the crumbly streusel mix on the top of your muffin batter.
6. Microwave for about 60 seconds until muffin is baked.



QUICHE IN A MUG

DIRECTIONS

1. Beat egg and milk together with a fork in a mug adding salt and pepper to taste.
 2. Tear bread into dime-sized pieces and stir it into the mixture.
 3. Add cream cheese and stir into the mixture.
 4. Tear or cut the ham into small pieces to stir into the mixture.
 5. Microwave for about 70 seconds until eggs are cooked. (Additional time may be needed.)
 6. Garnish with Dijon mustard, thyme, or chopped chives to taste. (Optional.)
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