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## Savory Mug Cooking

# SAVORY MUG COOKING



## Synopsis

It's great to cook for large family or group of friends, but sometimes it's just you, and you're hungry. What's better than a warm lunch in a cozy mug? You know there are lots of Make-A-Cake-In-A-Mug recipes out there, but what about when you want a real meal, not just something sweet? Quiche, omelets, soups, vegetables, dips and spreads, even meatballs, and jerk chicken, right at hand! In mere moments, you can make a hot, fresh breakfast, lunch, dinner, or dessert. All of these easy recipes are single-serving, made of wholesome ingredients---no mixes here! Every recipe can be made in under 4 minutes, right in your own cup. Perfect for those mornings when you're running late, or want a hot nutritious lunch at the office. They're also great for after-school snacks; mouth-watering, delicious, nutritious, and so simple a child can make them! Clean up is easy, too; each portion controlled recipe has no leftovers, with only a mug to wash. These microwave recipes will quickly become your favorites. Feel free to expand on them, making them your own. Grab your mug and get creative!

## Book Information

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## Customer Reviews

i did like this one very much..i live by my self and it was very helpful to me

This little book gives what it promises. If I can do these recipes so can you. Just try them and see

very handy when you are alone or to take to work

simple to use and follow.

Not formatted properly. Very cheaply made/constructed. Very generic.

I LOVE THE EASE & CONVENIENCE OF THE RECIPES IN A MUG !!I'VE ALREADY TRIED MANY,AND THE GRANDKIDS THINK IT IS COOL TO EAT THAT WAY, THEY GET TO CHOOSE FROM ONE OF MY MANY MUGS !

great magazine type book, made copies for friends whom I had given microwave cups, etc for Christmas, they loved the recipes.

This book is worth the price ! I love all of the recipes and my family do as well :)

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