

Knowledge @ Noon

“Meals in Mugs”



Wednesday, March 16, 2016
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors: Marais des Cygnes Extension District
Master Food Volunteers

MEALS IN MUGS

Mugs aren't just for coffee and tea or heating soup anymore. Mugs have become the perfect container for making one dish meals or dishes for any meal or snack by combining simple ingredients in a mug and microwaving for just seconds. These microwave miracles require very little effort, minimal cooking skills and little equipment other than a microwave, mug, and a sink.

Mug meals would be perfect for a student living in a dorm, a teenager wanting an afterschool snack, an employee wanting a hot meal in the break room, when cooking for one or two, when in the RV or remodeling the kitchen or really anytime one is short on time and wants a quick meal without the expense of fast food.

Mug cooking has progressed from mixing a few ingredients or mixes to place in a mug for a gift. Today you can do research on line and come up with 100's of tested recipes, find recipes in magazines and newspaper inserts or buy cookbooks specifically for Mug cooking. Much of the information in this handout has been adapted from the cookbooks MUG MEALS by Dina Cheney and 250 BEST MEALS IN A MUG by Camilla V. Saulsbury.

Choosing the Mug:

>Mug should hold 12 to 16 ounces to avoid run over and messes.

>Usually ceramic and glass are the best choice as pottery and handmade items may contain trace amounts of metals.

>Thickness of walls makes a difference in amount of cooking time.

>Choose round bottoms rather than square as food will overcook in corners.

>Straight sides are better for muffins, cakes, and cookies as cooking is more even.

>Avoid any gold or silver trim or antique glass as metal can cause light flashes, popping and damage to oven.

>If you don't have the right size mug you can use small microwave safe bowls, ramekins, or canning jars in the right size for recipe, use cautions and hot pads for removing from oven as the container will be hot in absence of a handle.

Other helpful utensils:

>Small bowl and spoon to stir thing together before placing in mug

>A fork to act as a whisk

>Measuring cups and spoons

>Rubber scrapper

>Paper towels, parchment paper, wax paper, or plastic wrap

Stocking the pantry for mug cooking:

Eggs-recipes are based on large size eggs

Dairy products-any fat level milk can be used, other dairy like yogurts, sour cream, cheeses that are pre-shredded

Meats-leftover cooked chicken, beef, pork, pre-browned ground beef, frozen cooked meat balls and breakfast sausage, water-packed canned chicken, tuna, crab meat, or shrimp in small single serving cans

Legumes-canned beans and lentils

Grains-flour, cornmeal, instant brown or white rice, pancake mix, quinoa, oatmeal (both old fashioned or quick cooking), small size macaroni, spaghetti (broken into small pieces) orzo, couscous.

Fruits and vegetables-any canned or frozen or fresh that is cut into small pieces
Condiments-salsa, catsup, marinara sauce, brown or granular sugar, maple syrup, honey, peanut butter, crackers or graham crackers or crumbs, and any vinegars, dried herbs, or spices.

Save Time Microwave It!

Know Now. University of Nebraska-Lincoln Extension

HEF 611 Julie A. Albrecht, Extension Food Specialist; Carol J. Schwarz, Extension Educator; Kayla Colgrove, Extension Educator; Amanda Robine, Dietetic Intern; Sarah Wilson, Dietetic Intern; Julie Garden-Robinson, Extension Specialist at North Dakota State University

Need a quick meal? Most kitchens have a microwave oven, but often the microwave is not used to its potential.

How does a microwave oven heat your food?

Microwaves cook food by using a magnetron, a device that converts electric power to very short radio waves of about 2,450 megahertz. At this frequency, water, fats, and sugars absorb the waves and vibrate very fast to create high temperatures that cook the food.

Know the Wattage

Watts are a measure of power. Microwave ovens with different wattages are available. Knowing the wattage of your microwave will help you determine how long to cook foods. High wattage (1,000 watts or more) micro-wave ovens take less time to cook items than low wattage (300 to 500 watts) microwave ovens.

Do you know the wattage of your microwave? If not, here are three easy ways to determine the wattage.

1. On older microwave ovens, the wattage is shown on the back of the microwave or listed in the owner's manual.
2. Newer models provide the wattage on the inside of the door.
3. Conduct the "Water Test for Wattage," explained here, if the wattage is not shown anywhere on the microwave or in the owner's manual.

Water Test for Wattage

Measure 1 cup of water into a 2-cup glass measuring cup. Make sure the water is cold; add ice if needed.

Set the microwave on high for 4 minutes and watch the water through the window to see when it boils.

É If water boils in less than 2 minutes, it is a very high wattage oven ô 1,000 watts or more.

É If water boils in 2 ½ minutes, it is a high wattage oven ô about 800 watts or more.

É If water boils in 3 minutes, it is an average wattage oven ô 650 to 700 watts or more.

É If water boils in more than 3 minutes, it is a slow oven ô 300 to 500 watts.

Power Level

Microwaves also have several power levels. When you are heating foods on high power, the microwave is producing the highest amount of energy from the magnetron. For less power, the magnetron cycles on and off.

For example, on medium power (50%), the microwave oven produces microwaves only 50 percent of the time.

Foods such as ground beef, poultry, vegetables, and fruits are tender and have a high moisture content, so they cook best on a high power setting. A lower power setting is recommended for eggs, cheese, and solid meats since they can become tough when cooked on a high power setting.

Uneven Heating

One problem with cooking using a microwave oven is they do not heat evenly. Many microwave ovens have turntables inside to help cook the food more evenly. If your microwave does not have one, a turntable accessory can be purchased to help prevent hot spots.

You can determine where the hot spots are in your microwave by conducting a marshmallow test.

To conduct this test:

É Use a microwavable, flat plate, or turn the turntable upside down so it won't rotate, and place marshmallows on it.

Tip: Line the plate with parchment or wax paper to make cleanup a breeze.

É Line the plate with miniature marshmallows, and place the plate in the microwave oven.

É Set the timer for 1 minute, but watch carefully and stop microwaving if the marshmallows begin to burn

É Watch through the glass window for the marshmallows to heat and expand.

The marshmallows that expand first reveal the hot spots. If your microwave oven has hot spots, you know that food will cook unevenly. Uneven cooking can sometimes result in undercooked food that may be unsafe to eat.

There are things you can do to ensure your food cooks evenly.

É Rotate food in the microwave oven as it is cooking.

É Interrupt the cooking and stir or turn food halfway through the heating time. Even if your microwave oven has a turntable, it is helpful to stir and turn food.

É Arrange food items evenly in a covered dish and add some liquid if needed.

É Large cuts of meat should not be cooked on high power (100%). Cook large cuts of meat on medium power (50%) for longer periods of time.

This helps the heat reach the center of the food without overcooking the outer areas.

É Remove the bone from large pieces of meat because it can shield meat from thorough cooking.

É Avoid cooking a whole, stuffed chicken or turkey in a microwave oven because the stuffing might not reach the temperature required to kill harmful bacteria.

É Cover the dish with a lid or plastic wrap to help evenly distribute the heat inside the container.

Allow enough space between the food and the top of the dish so that plastic wrap does not touch the food. Loosen or vent the lid or plastic wrap to allow steam to escape. The moist heat created will help destroy harmful bacteria and help achieve even heating. Cooking bags also provide safe, even heating.

É To thaw foods in a microwave oven, remove the food from the packaging before placing it in the microwave oven. Foam trays and plastic wraps may not be safe for use in a microwave oven. If you are thawing or partially cooking a meat or poultry product in a microwave oven, continue cooking immediately in an oven, grill, or on top of the stove.

É Thawing food in a microwave oven causes partial heating, which causes the bacteria present to start growing. Continuing to heat the food immediately to the proper temperature will kill bacteria and prevent foodborne illness.

É Leftover foods can be reheated in a microwave oven by placing the food in a microwave-safe container and covering with a microwave-safe plastic wrap to keep the moisture in and to provide even heating. Remember to turn back a corner to allow steam to escape during heating.

Cleaning Your Microwave Oven

Check your microwave owner's manual for recommended cleaning methods. If you cannot find your manual, here are some general cleaning tips:

É Remove spatters and spills as they occur so food residue won't become baked-on.

É Wipe with a soft cloth or clean paper towel dampened with warm water.

É For heavier spills, use baking soda, a mild soap, or dishwashing liquid with a damp cloth.

É Do not use steel wool, scouring pads, abrasive cleaners, or oven cleaners.

É To remove food odors or loosen baked-on food residue, mix 6 tablespoons of baking soda OR ½ cup lemon juice with 1 cup of water in a microwave-safe glass measure. Microwave the mixture until it boils, then leave the mixture in the microwave without opening the door until the mixture cools. The steam will help loosen food residue and remove odors. Wipe the surfaces with a soft cloth or paper towel.

Pumpkin Coffee Cake in a Mug {2 minute}

Ingredients

| | |
|----------------------------|------------------------|
| 1 Tbsp. butter | pinch of salt |
| 2 Tbsp. sugar | pinch of ground cloves |
| 2 Tbsp. pumpkin puree | 1 Tbsp. butter |
| Vanilla extract, few drops | 2 Tbsp. flour |
| ¼ cup All Purpose flour | 1 Tbsp. brown sugar |
| ⅛ teaspoon baking powder | ¼ teaspoon cinnamon |

Instructions:

In a mug soften 1 Tbsp. of butter in microwave, about 5 seconds. You don't want it melted, just soft.

Stir in 2 tbsp of sugar and mix until well incorporated. Stir in pumpkin, vanilla (just a tiny bit, we're talking drops), flour, baking powder, and pinch of salt and cloves; stirring until just combined.

Use the back of your spoon to smooth it out in the bottom of the mug.

Want streusel? Of course you do! In a separate, small bowl, combine 1 Tbsp. of butter, 2 Tbsp. of flour, 1 Tbsp. of brown sugar, and ¼ teaspoon cinnamon. Use your fingers to pinch the butter and mix it in with the other ingredients. When it starts to look like lumpy sand (appetizing, eh?) and all ingredients are combined, pour on top of cake batter in mug.

Cook in the microwave for 50-80 seconds depending on your microwave. At 1 minute, my microwave cooks it perfectly. It will look just barely set on top. You don't want to overcook it and things tend to get ugly fast in the microwave. I suggest cooking it 50 seconds, and then in 10 second intervals checking after each interval until done. Eat while it's still warm. Once it cools off, it tends to lose some of its magic!

Read more at <http://www.heatherlikesfood.com>

Single-Serving Blueberry Muffin {in a mug}

Yield: 1 muffin

Muffin:

| | |
|----------------------------------|------------------------------------|
| 1/4 cup flour | 3 Tbsp. milk |
| 1 Tbsp. sugar {I used raw sugar} | 1 Tbsp. coconut oil, melted |
| 1/8 teaspoon baking powder | ¼ cup blueberries, fresh or frozen |

Topping:

| | |
|---------------------|-------------------|
| 1 Tbsp. coconut oil | 1 Tbsp. raw sugar |
| 1 Tbsp. flour | |

Instructions

In a microwave safe mug combine the flour, baking powder, and sugar. Stir in the milk and coconut oil. Place the berries on top. Make the topping: crumble together the coconut oil, flour and sugar and sprinkle on top of the blueberries. Microwave on high 90 seconds. Cool slightly before removing, the mug will be HOT! Enjoy!!

3-Minute Mug Migas (crumb)

Ingredients

2 eggs

1 oz. tortilla chips (about 9 chips)

¼ cup of your favorite salsa (I used green tomatillo salsa), plus more for serving

1 Tbsp. Greek yogurt

3 Tbsp. Mexican shredded cheese blend

½ avocado, chopped, for serving

Instructions

Whisk together the eggs, salsa, and Greek yogurt. Crush the chips into the egg mixture, then fold in the cheese.

Pour into a large mug and microwave for 2 to 3 minutes, until the eggs are set. Top with avocado and a spoonful of salsa and enjoy!

5-Minute, 5-Ingredient Microwave Mug Granola

Ingredients

- 1 Tbsp. pure maple syrup, honey or agave nectar
- 2 teaspoon water
- 2 teaspoon oil (e.g. olive oil, melted coconut oil, butter if not vegan)
- ⅛ teaspoon fine sea salt
- ⅓ cup quick-cooking or old-fashioned rolled oats (gluten-free if needed)
- 1 Tbsp. chopped nuts or seeds
- Optional: 1 Tbsp. chopped dried fruit (e.g., raisins, apricots, cranberries)

INSTRUCTIONS

1. In the large mug (14 to 16 oz), mix the maple syrup, water, oil, salt, oats and nuts until blended.
2. Microwave on **MEDIUM (50%) power** for 2 minutes. Stir, making sure to stir up any syrup on the bottom of the mug. Microwave on **MEDIUM (50%) power** for 1-1/2 to 2 minutes longer until oats are golden brown.
3. Mix in the dried fruit, if using. Let stand for 2 to 3 minutes to cool before eating.

NOTES

***Sugar in place of syrup:** An equal amount of sugar (any variety) can be used in place of the syrup; add 2 tsp more water along with the sugar.

***Spices:** Add between ¼ tsp and ¾ tsp (1 to 3 mL) of any sweet spice (e.g., cinnamon, ginger, pumpkin pie spice, allspice) along with the salt in step 1.

***Extracts & Zest:** Consider adding a few drops of vanilla or almond extract to the syrup mixture, or ½ tsp (2 mL) finely grated citrus zest (e.g., lemon, orange or lime).

NUTRITION INFORMATION: SERVES 1

Serving size: entire recipe Calories: 255 Fat: 13.2 g Saturated fat: 1.8 g Carbohydrates: 32.3 g Sugar: 12.3 g Sodium: 237 mg Fiber: 3 g Protein: 3.9 g Cholesterol: 0 mg

Ham and Hash Brown Breakfast Casserole

3/4 cup frozen shredded hash brown potatoes
1 large egg
2 tablespoons chopped ham or cooked smoked sausage
2 tablespoons shredded cheese
1 tablespoon finely chopped onion or sliced green onions
1 tablespoon sour cream or plain Greek yogurt
Salt and pepper to taste

1. In a 12 to 16 ounce mug, microwave hash browns on high for 1 ½ to 2 minutes or until warmed through.
2. Using a fork beat in egg. Stir in ham, cheese, onion, and sour cream until blended. Season with salt and pepper. Microwave for 45 to 75 seconds or until just set.

MAKE AHEAD OPTION:

Measure hash browns into mug; cover and refrigerate. Whisk the egg in small container and add ham, cheese, onions and sour cream, cover and refrigerate until ready to use.

Recipe from, 250 Best Meals in a Mug

Pizza Mug Cake

| | |
|--------------------------------|--|
| 4 Tbsp. all-purpose flour | 3 Tablespoons fat free milk |
| 1/8 teaspoon baking powder | 1 Tablespoon vegetable oil |
| 1/16 teaspoon baking soda | 1 Tbsp.+ 1 tsp. shredded mozzarella cheese |
| 1/8 teaspoon salt | 14 mini pepperoni |
| 1/2 teaspoon Italian seasoning | Side of marinara sauce |

Mix flour, baking powder, baking soda, salt, seasoning, milk and oil with a small whisk. You can make this in a microwave safe mug or in a 6 oz ramekin. If using ramekin, make sure to stir slowly, letting flour incorporate a little at a time. Mix until batter is smooth. 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 spoonful).

Meatloaf in a Mug

| | |
|---------------------------------------|----------------------------------|
| 1 slice white bread, torn into pieces | ¼ teaspoon seasoned salt |
| 2 tablespoons milk | 1/8 teaspoon ground black pepper |
| 1/2 teaspoon Worcestershire sauce | 1 green onion, thinly sliced |
| 1/4 pound ground beef | |

Directions: Place the torn bread into a small bowl, and pour in the milk and Worcestershire sauce; set aside for a few minutes for the bread to absorb the liquid. Add the ground beef, green onion, seasoned salt, and pepper to the bread; mix well and place into a 10 ounce, microwave-safe mug. Cook in the microwave at 70 percent power until the meatloaf is firm and no longer pink in the center, 4 to 5 1/2 minutes depending on the microwave. Remove the meatloaf from the microwave, and allow to stand 2 minutes before serving.

Mac and Cheese

No need to make an entire box of mac & cheese when you have these meals in a mug recipe! Not only will you save on calories by not being tempted to eat the whole box of the pre-made stuff, but it also uses better ingredients than you'd be using! All you need is four ingredients and you've got the perfect portion of instant mac & cheese!

Ingredients:

1/3 cup pasta

1/2 cup water

1/4 cup 1% milk

1/2 cup shredded cheddar cheese

Directions:

Combine the pasta and water in a large mug. Microwave on high for two minutes, then stir. If you don't want the water to overflow, just make this in a very large microwavable bowl.

Repeat this for at least 2 to 4 more minutes, stirring at each 2-minute interval. The water should absorb completely and the pasta will be cooked through.

Remove it from the microwave and stir in the milk and cheese. Microwave for another minute. Stir the cheese thoroughly into the pasta and eat up! *Recipe from Allrecipes.com*

Quinoa Chili in a Mug

3 Tablespoons quinoa, rinsed

1/2 cup water

1 10 oz. can Rotel®, undrained

1/2 cup canned, seasoned chili beans, undrained

Salt and ground black pepper

In a 16 oz. mug, combine quinoa and water. Microwave on High for 4 minutes. Stir. Microwave on High for 3 to 5 minutes (checking at 3) or until water is absorbed and quinoa is tender. Stir in tomatoes and beans. Microwave on High for 1 1/2 to 2 1/2 minutes (checking at 1 1/2) or until heated through. Cover mug with a small plate or saucer and let stand for 1 minute. Season to taste with salt and pepper. Serve with any of the suggested accompaniments, as desired.

Suggested Accompaniments: Nonfat plain Greek yogurt; fresh cilantro leaves; chopped green onions; chopped radishes; crumbled queso fresco or shredded Cheddar cheese; lime wedges

Tips: An equal amount of quick-cooking brown rice or quick-cooking barley can be used in place of the quinoa. Reduce the cooking time in step 1 to 5 minutes total, stopping to stir halfway through. For even more flavor, add 1/4 tsp (1 mL) ground cumin with the tomatoes. Freeze the remaining tomatoes in a small sealable freezer bag for future use. Be sure to label the bag with the contents. Store for up to 3 months. Defrost in the refrigerator or microwave before using. Freeze the remaining chili beans in a small sealable freezer bag. You can freeze the entire amount in one bag, or portion out 1/2 cup (125 mL) per bag so that the beans are recipe-ready. Be sure to label the bag with the contents. Store for up to 3 months. Defrost in the refrigerator or microwave before using.

Prep Ahead Option:

Measure the quinoa into the mug; cover and store at room temperature. Measure the tomatoes and beans into a small airtight container; cover and refrigerate until ready to use.

Greek Brown Rice Salad with Feta and Bell Peppers

¾ cup cooked brown rice
¼ cup finely chopped red or yellow bell peppers
¼ cup raw broccoli florets
3 Tablespoons crumbled feta cheese

¼ teaspoon finely grated lemon peel
¼ teaspoon coarse salt
Chopped fresh parsley and diced tomatoes (opt)

1. In a small bowl, stir together all ingredients. Pour into a 16 oz. mug.
2. Cover and microwave until broccoli is tender, about 4 minutes. Serves 1.
3. Stir in parsley and tomatoes if desired.

Per serving: 240 calories, 7 gram fat, 10 mg. cholesterol, 38 grams carbohydrate, 5 grams fiber, 570 mg sodium.

Nachos with Refried Beans and Avocado

½ cup canned refried beans
3 tablespoons salsa
10 tortilla chips
3 tablespoons shredded Mexican cheese blend
½ avocado, diced or ¼ cup guacamole
1 teaspoon sour cream, canned green chilies, or sliced green onion, for garnish

1. Spray a 16 oz. mug with cooking spray.
2. Stir together beans and salsa in small bowl.
3. Place half the chips in mug and top with a third of the cheese and half of the bean mixture. Top with remaining chips, a third of cheese and remaining bean mixture. Top with remaining chips, rest of cheese and remaining bean mixture.
4. Cover and microwave 1 minute. Uncover and microwave until cheese is completely melted, about 30 more seconds. Top with avocado and other garnishes as desired.

Serves 1.

Per serving: 430 calories, 23 gram fat, 25 mg. cholesterol, 16 gram protein, 49 gram carbohydrates, 13 gram fiber, 680 mg sodium

Classic Shepherd's Pie

If you don't have leftover mashed potatoes, make some for this dish and save the rest for another use. Prick a medium-sized white potato all over with a fork and microwave until tender (about 10 minutes). Carefully slice in half and transfer the flesh to a small bowl. Mash with a potato masher until smooth and stir in 1 Tablespoon olive oil, ¼ teaspoon kosher salt, and a few grinds of black pepper.

1 cup (about 6 oz.) cooked ground beef
2 Tablespoons finely chopped red onions
1 Tablespoons finely grated carrots
1 teaspoon Dijon mustard

½ teaspoon dried rosemary
1/8 teaspoon kosher salt
1 cup mashed potatoes
1 teaspoon shredded Cheddar cheese

In a small bowl, mix together the ground beef, onions, carrots, mustard, rosemary and salt. Pour into a 16-oz. mug. Place the mashed potatoes on top, pressing them down. Sprinkle with the cheese.

Cover and microwave until warm and the cheese melts, about 2 minutes.

Recipe from Mug Meal by Dina Cheney

Tamale Mug Pie

16 ounce Mug
4 frozen cooked beef meatballs
¼ cup frozen corn kernels
¼ cup salsa
½ teaspoon ground cumin OR
chili powder or mix of both

¼ cup dry buttermilk pancake mix
2 Tbsp. yellow cornmeal (coarse grind preferred)
1 large egg
1 Tbsp. milk
2 Tbsp. shredded cheese

Garnishes: sliced ripe olives, sour cream or Greek yogurt, shredded lettuce, and additional salsa

1. In the mug, microwave meatballs on high for 1 to 2 minutes or until warmed through. Break meatballs apart with a fork.
2. Add corn, salsa, cumin or chili powder. Microwave on high for 30 to 60 seconds until heated through. Stir.
3. In a small bowl, use a fork to whisk pancake mix, cornmeal, egg and milk until well blended. Stir in cheese. Pour over the meatball mixture in mug. Microwave for 75 to 90 seconds (checking at 75 seconds) or until puffed and just set at the center. Serve with suggested accompaniments if desired.

Recipe from 250 Best Meals in a Mug.

Black Beans with Feta and Tomatoes

Dip tortilla chips into this Greek-Mexican dip-like entrée.

½ cup canned salt-free black beans, rinsed and drained
¼ cup cored, seeded, and chopped tomato (about ½)
3 Tbsp. salsa
2 Tbsp. crumbled feta
2 teaspoons thinly sliced trimmed scallions
1/8 teaspoon kosher salt

Stir together all of the ingredient in a small bowl, and then pour into a 12-oz. mug.

Cover and microwave until the scallions are tender and the dish is hot, about 3 minutes.

Recipe from Mug Meal by Dina Cheney

Warm S'mores Dip with Berries (Coat strawberries with this warm, candy bar-like dip.)

Nonstick cooking spray
¼ cup graham cracker crumbs
2 teaspoons unsalted butter, melted
2 Tbsp. semisweet chocolate chips
2 Tbsp. mini marshmallows
1/8 teaspoon ground cinnamon
About 6 large strawberries (hulled, if desired), for dipping
Spray an 8 oz. mug with cooking spray
Add the graham cracker crumbs and butter, mix and pat down with a spoon. Add the chocolate chips and then the marshmallows.
Cover and microwave until the marshmallows and chips melt, about 1 minutes (more than that the chocolate could scorch)
Sprinkle with the cinnamon and serve with the whole strawberries for dipping.

Recipe from Mug Meal by Dina Cheney

Vanilla Pudding and Variations

12 to 16 oz. Mug
2 Tablespoons granulated sugar
1 Tablespoon cornstarch
2/3 cup milk*
1 tablespoon butter
½ teaspoon vanilla extract
Square of plastic wrap or parchment paper

1. In the mug, use a fork to whisk sugar and cornstarch. Whisk in milk a little at a time (to avoid clumps) until blended and smooth. Add butter.
2. Microwave on high for 60 seconds. Stir until blended. Microwave on High for 10 to 30 seconds, stopping to stir every 10 seconds, until shiny and thick. Stir in vanilla.
3. Place plastic wrap directly on the surface of the pudding (to prevent skin from forming). Refrigerate for at least 30 minutes or until completely cold.

*Regular milk or lower fat milk can be used; however, lower fat milk will make a lighter texture than higher fat milk.

VARIATIONS

Butterscotch Pudding: Replace the granular sugar with packed brown sugar.

White Chocolate Pudding: Reduce sugar to 1 Tablespoon and omit butter.

Add 2 Tablespoons white chocolate chips with the vanilla and whisk with a fork until chips are melted and mixture is smooth.

Sugar Free Pudding: Use sugar substitute to replace granulated sugar.

Recipe is adapted from 250 Best Meals in a Mug by Camilla V. Saulsbury

Chewy Cranberry Granola Bar

12 to 16 oz. Mug sprayed with nonstick cooking spray
Square of waxed paper or parchment paper
2 teaspoons packed brown sugar or granulated sugar
2 teaspoons butter
2 teaspoons honey or pure maple syrup
¼ cup quick-cooking rolled oats
2 Tablespoons crisp rice cereal
1 Tablespoon dried cranberries
Pinch salt
1/8 teaspoon vanilla extract

1. In the mug, microwave brown sugar, butter and honey on high for 45 to 60 seconds or until sugar is dissolved and mixture is bubbling. Stir until blended.
2. Stir in oats, cereal, cranberries, salt and vanilla until well coated. Scoop mixture into a mound onto waxed paper. Fold paper over the mound, pressing down very firmly to compact and form a bar shape. Freeze for 25 to 30 minutes or until set.

Variations:

Gluten-free chewy cranberry granola bar: Use certified gluten-free oats and gluten-free crisp rice cereal.

Cinnamon Raisin Chewy Granola Bar: Use raisins in place of the cranberries and add 1/8 teaspoon ground cinnamon with the salt.

Apricot Ginger Chewy Granola Bar: Use chopped dried apricots in place of the cranberries and add 1/8 teaspoon ground ginger with the salt.

Adapted from 250 Best Meals in a Mug. **11.**

1-2-3 Mug Cake

For the 1-2-3 Mix

1 box (16 oz) angel food cake mix

1 box (15 to 18 oz) cake mix (any flavor)

For 1 Mug Cake

3 Tablespoons 1-2-3 cake mix

2 Tablespoons water

1. **Mix:** In a large, airtight container or sealable plastic bag, whisk the two cake mixes until well blended and free of any large lumps. Store at room temperature for up to 1 month or in the refrigerator or freezer for up to 6 months.
2. **Cake:** In a 12 to 16 ounce mug, use a fork to combine 1-2-3 cake mix and water until blended and smooth. Microwave for 60 to 90 seconds (checking at 60) or until center is just set. Let cool slightly or entirely in mug. Eat directly from mug or gently remove onto a small plate. Serve with variations or accompaniments as desired.

Accompaniments and Variations:

Add 2 to 3 teaspoons of these items to cake batter for variety: miniature chocolate chips, finely chopped dried fruit (such as raisins, cranberries, or apricots), finely chopped nuts, or sprinkles.

Serve cake with accompaniments such as frosting, ice cream or frozen yogurt, or whipped cream or whipped topping.

“Baked” Apple with Granola and Cinnamon

Nonstick cooking spray

1 small sweet apple (that will fit inside your mug), such as a McIntosh, Rome, or Jonagold, cored with an apple corer and stem removed.

1/8 teaspoon ground cinnamon

1/16 teaspoon kosher salt

2 Tablespoons plain granola

1 Tablespoon pure maple syrup

½ teaspoon fresh lemon or apple juice

1 teaspoon unsalted butter, diced

Vanilla ice cream or Greek yogurt, for serving (optional)

1. Spray inside of a 12 oz. mug with cooking spray
2. Place the apple in the mug and sprinkle with cinnamon and salt. Stuff the cavity with granola, and pour the syrup and lemon or apple juice on top. Sprinkle with the butter.
3. Cover and microwave until the apple is tender but still retains its shape, 1 ½ to 2 minutes (check after 1 minute). Top with ice cream or yogurt, if desired.

Recipe from Mug Meal by Dina Cheney