

# Microwave COOKBOOK

• DELICIOUS RECIPES THAT CAN BE MADE *IN THE MICROWAVE* •

MARTHA STEPHENSON



# Microwave Cookbook

Delicious Recipes that can be made in the  
Microwave

By  
Martha Stephenson

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*Kindle Edition*



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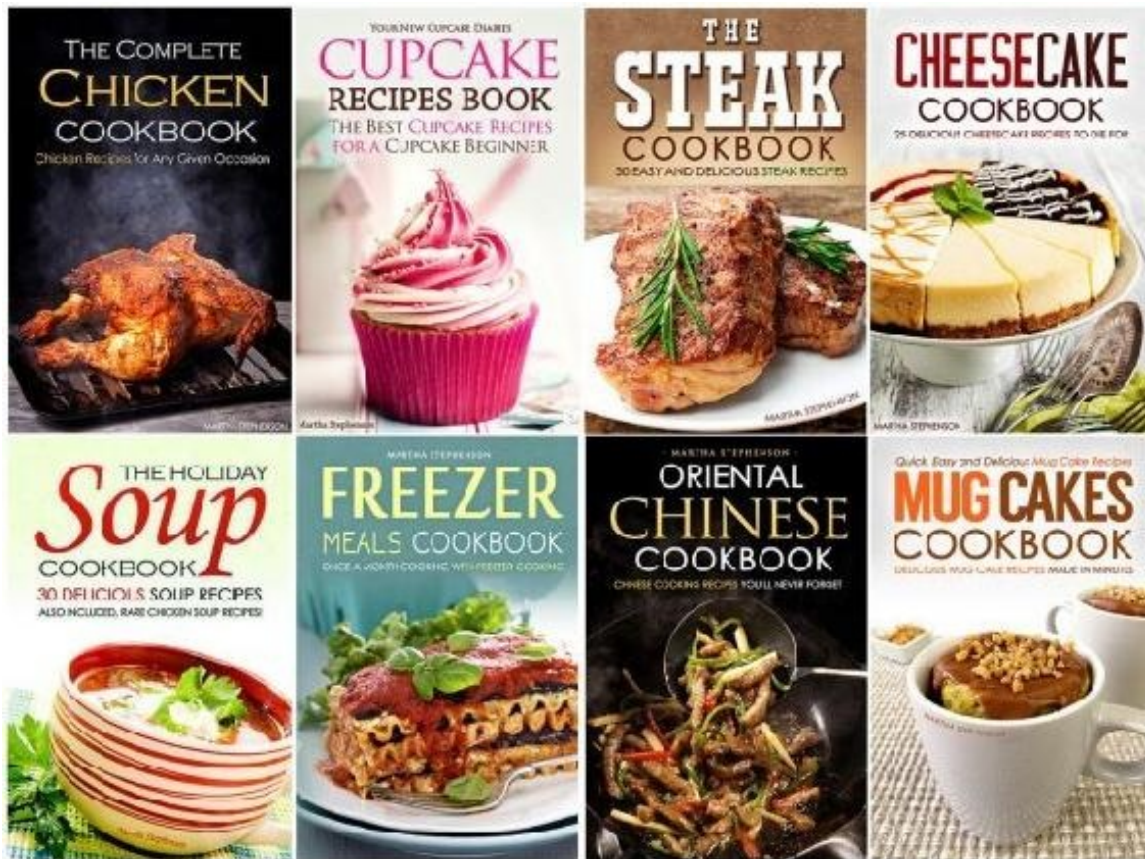


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# Introduction



There are so many different factors that can hinder you from standing around a stove to come up with a delicious meal . You may not need a super large serving and find it difficult to cook a pot for one on the stove top . You may not even have access to a stove at the time when you are hungry, and so it pushes you to find more modern and creative means to produce a meal . That is where this microwave cookbook comes in . Gone are the days when people slave hours over a stove every day, sometimes you just need something quick, and with the easy to follow instructions in this book, hassle free cooking will become a breeze .

How is this possible, you may ask? Well with the turn of every page of this book, we will take you down the path of quick, easy, and delicious meals that will not only satisfy that hunger of yours, but also place an ease on your feet due to the shorter standing time in the kitchen; but, enough talking, let ' s jump right



in .

# Chicken Noodle Bowls



Add stir fry veggies and some peanut butter, chicken and scallions and soon you once boring Ramen is tuned into something remarkable .

**Serves :** 4

**Preparation Time :** 5 minutes

**Ingredients :**

- Stir fry vegetable mix ( 3 cups, cooked )
- Peanut butter ( 1 / 4 cup )
- Brown sugar ( 1 tablespoon, light )
- Crushed red pepper ( 1 teaspoon )
- Water chestnuts ( 8 oz . , drained and sliced )
- Peanuts ( 1 / 4 cup, chopped )
- Ramen noodles ( 2 packs, Oriental flavor, broken )
- Water ( 1 ¼ cups )
- Soy sauce ( 1 / 4 cup, light )
- Cornstarch ( 1 tablespoon )
- Chicken ( 2 cups, cooked and chopped )

- Bamboo shoots ( 8 oz . , drained )
- Scallions ( 1 / 4 cup, chopped )

**Directions :**

1 . Mix all the Ingredients : together in a large microwave safe bowl and place to cook on high for about 4 minutes .

Tip : Keep an eye on it, and stir if needed halfway through so that it doesn ' t overflow in your microwave .

# Cinnamon Roll Cake



A hint of cinnamon can go a far way . Imagine taking it another mile in the sky by adding cream cheese; simply delicious !

**Serves : 1**

**Time Needed : 5 minutes**

## **Ingredients :**

- Applesauce ( 2 tablespoons )
- Vegetable oil ( 1 tablespoon )
- Buttermilk ( 1 tablespoon )
- Vanilla (  $\frac{1}{4}$  teaspoon )
- Flour (  $\frac{1}{4}$  cup )
- Sugar ( 2 tablespoons )
- Cinnamon (  $\frac{3}{4}$  teaspoon )
- Nutmeg (  $\frac{1}{4}$  teaspoon )
- Baking Powder (  $\frac{1}{8}$  teaspoon )
- Salt (  $\frac{1}{8}$  teaspoon )
- Cream Cheese Frosting ( to be used as topping )

## **Directions :**

1 . Whisk all Ingredients : ( except for the cream cheese icing ) in a

microwavable mug and place to cook on high for a minute .

2 . Cool and top with cream cheese frosting .

3 . Serve and Enjoy !

# Chocolate Chip Brownie



Brownies are known to be from a hot oven but can you expect the same from a microwave? Of course, you can, maybe, even better .

**Serves :** 1

**Time Needed :** 1 minute

## **Ingredients :**

- Butter ( 2 tbsp .)
- Sugar ( 3 tbsp .)
- Vanilla (  $\frac{1}{4}$  tsp )
- Salt (  $\frac{1}{16}$  tsp . to taste )
- Egg ( 1, yolk )
- Flour ( 4 tbsp .)
- Cocoa powder ( 1 tbsp .)
- Chocolate chunks ( 2 tbsp .)

## **Directions :**

- 1 . Allow butter to melt in the microwave in your mug .
- 2 . Add your sugar, salt and vanilla followed by the egg yolk .
- 3 . To this, add cocoa powder and flour and fold until well combined .
- 4 . Add your chocolate chunks the microwave on high for 45 seconds .
- 5 . Serve and enjoy !

# Orange Scented Mug Cakes



This recipe for orange mug cakes creates the most amazing cake I have ever tasted . Then again, I ' m a sucker for oranges .

**Serving :** 1 cupcake

**Preparation Time :** 3 minutes

## **Ingredients :**

- All - purpose flour ( 1 ½ tablespoons )
- Baking powder ( 1 / 4 teaspoon )
- Baking soda ( 1 / 8 teaspoon )
- Salt ( to taste )
- Extra virgin olive oil ( 1 / 3 tbsp . )
- Soy milk ( 1 tbsp . )
- Granulated sugar ( 3 / 4 tbsp . )
- Lemon juice ( 1 / 4 tbsp . )
- Orange zest ( chopped finely )

## **Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

2 . Cool, serve and enjoy !

**Optional :** Sprinkle with a dash of Cinnamon powder before serving .



# Marinated Manchego



Quality sheep cheese with infused olive oil is a great appetizer, especially if served with toasted bread .

**Serves :** 4

**Time :** 2 minutes + inactive time

**Ingredients :**

- 8oz . Manchego rinsed and cut into ½ - inch cubes
- 1 cup extra - virgin olive oil
- 2 sprigs rosemary
- 3 sprigs thyme
- 1 small dried chili, chopped

**Directions :**

- 1 . Heat the olive oil, rosemary, thyme, and chili in the microwave for about 1 minute .
- 2 . Place aside to cool completely .
- 3 . Meanwhile, prepare the cheese . Place in a ceramic bowl and pour over infused olive oil, with herbs and chili .

4 . Cover and refrigerate for 4 hours . Serve after with toasted bread .

# Roasted Pimento Squash



This side dish uses traditional Spain Ingredients : like the Manchego and pimiento and fits perfectly with meat based dishes .

**Serves :** 4

**Time :** 12 minutes + inactive time

## **Ingredients :**

- 1 . 5lb . summer squash, cut into 1 - inch chunks
- 1 cup grated Manchego ( sheep cheese )
- 1 tablespoon extra - virgin olive oil
- 1 yellow onion, diced
- 1 ½ teaspoons hot pimento
- 1 teaspoon salt

## **Directions :**

- 1 . Toss the squash with salt in a colander . Place aside for 30 minutes .
- 2 . After 30 minutes, transfer the squash to a large microwave safe plate so that it all lays flat in one layer . Add the onion, pimento, and olive oil .
- 3 . Cook in the microwave on high for 4 – 6 minutes .
- 4 . Flip and roast for 2 - 4 minutes more .
- 5 . Serve after, sprinkled with Manchego .

# Mug Cheesecake



Delicious cheesecake in under 5 minutes .

**Serves :** 1

**Time Needed :** 5 minutes

**Ingredients :**

- Cream cheese ( 2 oz .)
- Sour cream ( 2 tbsp .)
- Egg ( 1, medium )
- Lemon juice (  $\frac{1}{2}$  tsp )
- Vanilla (  $\frac{1}{4}$  tsp )
- Sugar ( 2 tbsp .)

**Directions :**

- 1 . Add all your Ingredients : into a microwavable mug .
- 2 . Allow to cook on high for 90 seconds ( You will need to stop and stir every 30 seconds and check for doneness ).
- 3 . Allow to cool and serve . Enjoy !

Optional : Consider topping with whipped cream and nuts .

# Cherry Cheesecake in a Mug



For those nights when you just need a slice !

**Serves :** 1

**Time Needed :** 5 minutes

## **Ingredients :**

- Cream cheese ( 2 oz .)
- Sour cream ( 2 tbsp .)
- Egg ( 1, medium )
- Lemon juice (  $\frac{1}{2}$  tsp )
- Cherry Pie Filling ( 2 tbsp .)
- Vanilla (  $\frac{1}{4}$  tsp )
- Sugar ( 2 tbsp .)

## **Directions :**

- 1 . Add all your Ingredients : into a microwavable mug .
- 2 . Allow to cook on high for 90 seconds ( You will need to stop and stir every 30 seconds and check for doneness ). Allow to cool, then spoon your cherry filling on top .
- 3 . Serve, and enjoy !

# Yellow Cake in a Mug



Why bake a whole cake when you just need a slice of heaven? This recipe will give you just that !

**Serves :** 1

**Time Needed :** 2 minutes

## **Ingredients :**

- Butter ( 1 tbsp . , melted )
- G . Sugar ( 1 tbsp . )
- Caster Sugar ( 1 tbsp . )
- Vanilla ( 1 tsp . )
- Salt ( to taste )
- Egg ( 1, yolk )
- Flour ( 2 tbsp . )
- Yellow Cake Mix ( 2 tbsp . )
- Icing Sugar ( optional topping )

## **Directions :**

- 1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .
- 2 . Cool and top with icing sugar .

3 . Serve and Enjoy !



# Chocolate Peanut Butter Mug Cake



If you love comfort food, you will adore this mug cake . There ' s nothing better than chocolate and peanut butter .

**Time Needed :** 5 minutes

**Servings :** 1

## **Ingredients :**

- Cocoa Powder ( 1 tbsp . and 2 tsp . )
- Peanut Butter ( 3 tbsp . , powdered )
- Salt ( 1 / 16 tsp . )
- Sugar ( 1 tbsp . and 1 tsp . )
- Baking powder ( 1 tsp . )
- Coconut Oil ( 2 tsp . )
- Milk ( 3 tbsp . )
- Vanilla ( 1 / 4 tsp . )

## **Directions :**

- 1 . Mix all your dry Ingredients : well in a mug then add in your liquids and stir well .
- 2 . Microwave on high for 1 min . and 25 sec .
- 3 . Serve and Enjoy .



# Kale Chorizo Frittata



Kale, chorizo, and eggs are a match made in heaven . Can be served as a main dish or for breakfast .

**Serves :** 8

**Time :** 10 minutes

**Ingredients :**

- 8 eggs
- 0 . 5lb . kale, trimmed and chopped
- 1 red onion, thinly sliced
- ½ teaspoon pimento
- 1 tablespoon all - purpose flour
- ½ cup milk
- 0 . 5lb . chorizo, chopped
- 3 tablespoons olive oil
- Salt and pepper, to taste

**Directions :**

- 1 . Heat 1 tablespoon olive oil in the microwave for about 20 seconds .
- 2 . Remove and pour into a deep microwave bowl . Add chorizo and onion and return to the microwave for another 30 seconds or until browned . Place aside to cool slightly .
- 3 . Whisk the eggs with milk, flour, salt, and pepper in a bowl .
- 4 . Fold in chorizo mix, kale and pimento into the deep microwave bowl .
- 5 . Cover and cook covered for 4 - 6 minutes or until the eggs are set and puffed .
- 6 . Remove the pan from the microwave and allow cooling . Loosen the sides of frittata and cut into slices before serving .

# Cherry Almond Cake in a Mug



Now you can have your kid ' s favorite cake right from the microwave in minutes .

**Serves :** 1

**Time Needed :** 2 minutes

## **Ingredients :**

- Almond Butter ( 1 tbsp . , melted )
- G . Sugar ( 1 tbsp . )
- Caster Sugar ( 1 tbsp . )
- Vanilla ( 1 tsp . )
- Salt ( to taste )
- Egg ( 1, yolk )
- Flour ( 2 tbsp . )
- Cherry Cake Mix ( 2 tbsp . )
- Cherries ( 1 / 4 can )
- Whip Cream ( optional topping )

## **Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

- 2 . Cool and top with whipping cream and more cherries .
- 3 . Serve and Enjoy !

# Raspberry, Apple Oatmeal Cookies



Get a delicious apple and oatmeal cookies in under 5 minutes .

**Serves :** 1

**Time Needed :** 2 minutes

## **Ingredients :**

- Butter ( 1 tbsp . , melted )
- G Sugar ( 1 tbsp . )
- B Sugar ( 1 tbsp . )
- Vanilla ( 1 / 4 tbsp . )
- Egg ( 1, yolk )
- Salt ( to taste )
- Flour ( 3 tbsp . )
- Oatmeal ( 1 ½ tsp . )
- Apple ( 1 / 2, cut into chunks )
- Raspberry ( 5 fresh )
- Corn Flakes ( 1 ½ tbsp . )
- Peanut Butter ( 1 tsp, optional for topping )

## **Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

2 . Cool, top with peanut butter ( optional ) , serve and enjoy !

# Easy Banana Bread



This is a healthy banana bread that you could add nuts to or eat as is .

**Serving :** 1 cake

**Preparation Time :** 4 minutes

## **Ingredients :**

- Egg Replacer ( 1 / 2 teaspoon )
- Hot water ( 1 / 8 tbsp . )
- Flour ( 1 ½ tbsp . )
- Granulated sugar ( 1 / 4 tbsp . )
- Baking powder ( 1 / 4 teaspoon )
- Baking soda ( 1 / 8 teaspoon )
- Salt ( to taste )
- Bananas ( 1 / 2 cup, mashed )
- Dairy - free soy margarine ( 1 / 2 tbsp . , melted )
- Dairy - free soy yogurt ( 1 / 2 tsp . )
- Vanilla extract ( 1 / 8 teaspoon )

## **Directions :**

1 . Mix all Ingredients : in a microwavable mug and place to cook on high for a minute .



2 . Cool, serve and enjoy !

# Chocolate Chip Cookie



Delicious cookies in under 10 minutes that your whole family will love .

**Serves :** 1 large

**Time Needed :** 2 minutes

## **Ingredients :**

- Butter ( 1 tbsp . , unsalted )
- Sugar ( 1 tbsp . )
- Vanilla ( 1 / 2 tsp . )
- Salt ( 1 / 8 tsp )
- Egg Yolk ( 1 )
- Flour ( 3 tbsp . )
- Chocolate Chips ( 2 tbsp . )

## **Directions :**

- 1 . Add your butter to your mug and microwave until fully melted ( just about 30 seconds ).
- 2 . To the mug add your sugar, vanilla, salt and egg yolk .
- 3 . Stir until you can see no traces of the egg .
- 4 . Proceed to add your flour then pour in your chocolate chips .
- 5 . Put the mug in the microwave and allow to cook for about 45 seconds .
- 6 . Serve and enjoy !

# Chocolate Molten Lava Cupcakes



This gooey chocolate mug cake will have you melting from the taste .

**Yields :** 1

**Time Needed :** 5 minutes

**Ingredients :**

- Dark chocolate ( 4 oz . , cubes )
- Coconut oil ( 3 tablespoons )
- Eggs ( 1 )
- Honey ( 2 tablespoons )
- Vanilla extract ( 1 / 2 teaspoon )
- Salt ( 1 / 16 tsp . )
- Almond flour ( 4 tablespoons )
- Cocoa powder ( 2 tbsp . )
- Milk ( 3 tbsp . )

**Directions :**

- 1 . In a coffee mug, combine all your dry powder Ingredients, and mix well using a for .
- 2 . Next, add your egg, and liquids, directly to dry Ingredients .
- 3 . Mix well, then drop your chocolate cubes in the center of your mixture .
- 4 . Microwave on high for 2½ minutes . Cool slightly ( about 2 minutes ).
- 5 . Serve and enjoy .

# Peanut Butter Cookie



Who doesn ' t love rich peanut butter cookies? What ' s even greater is now you can have it in minutes from a mug .

**Serves :** 1

**Time Needed :** 1 minute

## **Ingredients :**

- Butter ( 1 tbsp .)
- Peanut Butter ( 1 tbsp .)
- Sugar ( 2 tbsp .)
- Vanilla (  $\frac{1}{2}$  tsp .)
- Salt (  $\frac{1}{8}$  tsp . to taste )
- Egg ( 1, yolk )
- Flour ( 3 tbsp .)
- Nuts ( 3 tbsp . crushed, to be used as topping )

## **Directions :**

- 1 . Allow butter and peanut butter to melt in the microwave in your mug .
- 2 . Add your sugar, salt and vanilla followed by the egg yolk .
- 3 . To this, add flour and fold until well combined . Microwave on high for about 35 seconds .
- 4 . Top with nuts, serve and enjoy !

# Peanut Butter Mug Cake



Enjoy the delicious taste of peanut butter in this delicious mug cake .

**Servings :** 1

**Time Needed :** 5 minutes

**Ingredients :**

- Peanut Butter ( 3 tbsp . , powdered )
- Salt ( 1 / 16 tsp . )
- Sugar ( 1 tbsp . and 1 tsp . )
- Baking powder ( 1 tsp . )
- Coconut Oil ( 2 tsp . )
- Milk ( 3 tbsp . )
- Vanilla ( 1 / 4 tsp . )

**Directions :**

- 1 . Mix all your dry Ingredients : well in a mug then add in your liquids and stir well .
- 2 . Microwave on high for 1 min and 25 sec .

3 . Serve and Enjoy .



# French Vanilla Cake in a Mug



Can ' t bother to stand in front of the oven? Well, now you don ' t have to ! Enjoy the delicious tastes from a mug !

**Serves :** 1

**Time Needed :** 2 minutes

## **Ingredients :**

- Butter ( 1 tbsp . , melted )
- G . Sugar ( 1 tbsp . )
- Caster Sugar ( 1 tbsp . )
- Vanilla ( 1 tsp . )
- Salt ( to taste )
- Egg ( 1, yolk )
- Flour ( 2 tbsp . )
- French Vanilla Cake Mix ( 2 tbsp . )
- Icing Sugar ( optional topping )

## **Directions :**

- 1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .
- 2 . Cool and top with icing sugar .

3 . Serve and Enjoy !

# Chocolate Cake Cups



These delicious cups are perfect for a night of romance or even just hanging with your young one .

**Serves : 2**

**Time Needed : 3 minutes**

## **Ingredients :**

- Flour ( 1 / 4 cup )
- Sugar ( 1 / 4 cup )
- Cocoa powder ( 1 / 4 cup )
- Salt ( a pinch )
- Milk ( 1 / 4 cup )
- Butter ( melted, 1 / 4 cup )
- Lightly Beaten Eggs ( 2, large )
- Vanilla ( 1 teaspoon )
- Chocolate chips ( a little more than ¼ cup )

## **Directions :**

- 1 . Using a small bowl, mix together your dry Ingredients : ( except the chocolate chips ).
- 2 . Add your liquids and eggs then stir well until fully incorporated .
- 3 . Add chocolate chips and fold . Pour batter into two microwavable mugs and top with more chocolate chips .
- 4 . Place in microwave and cook on high for about 2 minutes .
- 5 . Cool, serve and enjoy !

# Oatmeal Crunch Cookies



Get delicious cookies in under 5 minutes with just a few mugs and a microwave .

**Serves :** 1

**Time Needed :** 2 minutes

**Ingredients :**

- Butter ( 1 tbsp . , melted )
- G Sugar ( 1 tbsp . )
- B Sugar ( 1 tbsp . )
- Vanilla ( 1 / 4 tbsp . )
- Egg ( 1, yolk )
- Salt ( to taste )
- Flour ( 3 tbsp . )
- Oatmeal ( 1 ½ tsp . )
- Corn Flakes ( 1 ½ tbsp . )

**Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

2 . Cool, serve and enjoy !

# Apple & Oatmeal Crisp Cookies



Get a delicious apple and oatmeal cookies in under 5 minutes .

**Serves :** 1

**Time Needed :** 2 minutes

**Ingredients :**

- Butter ( 1 tbsp . , melted )
- G Sugar ( 1 tbsp . )
- B Sugar ( 1 tbsp . )
- Vanilla ( 1 / 4 tbsp . )
- Egg ( 1, yolk )
- Salt ( to taste )
- Flour ( 3 tbsp . )
- Oatmeal ( 1 ½ tsp . )
- Apple ( 1, cut into chunks )
- Corn Flakes ( 1 ½ tbsp . )

**Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .



2 . Cool, serve and enjoy !

# Red Velvet Cake



You said it, enjoy your favorite delight in a matter of minutes right from the microwave .

**Serves : 1**

**Time Needed : 2 minutes**

## **Ingredients :**

- Butter ( 1 tbsp . , melted )
- G . Sugar ( 1 tbsp . )
- Caster Sugar ( 1 tbsp . )
- Vanilla ( 1 tsp . )
- Salt ( to taste )
- Egg ( 1, yolk )
- Flour ( 2 tbsp . )
- Red Velvet Cake Mix ( 2 tbsp . )
- Icing Sugar ( optional topping )

## **Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

2 . Cool and top with icing sugar .

3 . Serve and Enjoy !

# Eggless Chocolate Cake



Allergic to eggs? No problem is an option for a sweet treat you can enjoy .

**Serves :** 1

**Time Needed :** 2 minutes

**Ingredients :**

- Flour ( 2 tablespoons )
- Cocoa Powder ( 2 teaspoons, unsweetened )
- Baking Powder ( 1 / 4 teaspoon )
- Salt ( 1 / 4 tsp to taste )
- Milk ( 2 tablespoons )
- Oil ( 1 tablespoon )
- Chocolate chips ( mini, about a handful )
- Almond Butter ( 1 tablespoon )

**Directions :**

- 1 . Add all your Ingredients : into a microwavable mug .
- 2 . Allow to cook on high for about a minute ( check for doneness every 5 seconds after the 45 - second mark ).
- 3 . Allow to cool, serve and enjoy !

**Optional :** Consider topping with whip cream and strawberries .

# Avocado Basil Pesto Zoodles



This flavorful dish takes just a few minutes to make .

**Yield :** 4 servings

**Preparation Time :** 10 minutes

## **Ingredients :**

- 5 medium zucchinis
- 3 avocados, pitted, pulp
- ½ cup basil leaves
- 2 tablespoons coconut oil
- 2 - 3 garlic cloves, minced
- ½ teaspoon white pepper
- ¼ teaspoon salt
- 2 tablespoon lemon juice
- 4 - 5 cherry tomatoes halved

## **Directions :**

- 1 . In food processor add avocado, basil, salt, pepper, garlic, lemon juice, oil and blend tilpuree .
- 2 . Transfer to bowl .
- 3 . Now add zoodles in pesto and mix thoroughly .
- 4 . Transfer zoodles into a microwave bowl and place cherry tomatoes on top .
- 5 . Place to microwave for 2 - 3 minutes .

6 . Serve hot .

# Moist Pumpkin Mug Cake



Delicious pumpkin cake from a mug . Healthy yet breath taking, who knew it was possible?

**Serving :** 1 mug cake

**Preparation Time :** 2 minutes

**Ingredients :**

- Almond milk ( 1 tbsp .)
- Cider vinegar ( 1 / 8 teaspoon )
- All purpose flour ( 1 ¼ tbsp .)
- Baking powder ( 1 / 4 teaspoon )
- Baking soda ( 1 / 8 teaspoon )
- Granulated sugar ( 1 tsp .)
- Brown sugar ( 1 tsp .)
- Cashews ( 1 tsp, ground finely )
- Cinnamon ( 1 / 8 teaspoon )
- Ginger ( 1 / 8 teaspoon )
- Nutmeg ( 1 / 8 teaspoon )
- Salt ( to taste )



- Pumpkin ( 1 / 2 tbsp . , pureed )
- Canola oil ( 1 / 3 tsp .)
- Sour cream ( 1 / 2 teaspoon, dairy free )
- Vanilla extract ( 1 / 8 teaspoon )

**Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

2 . Cool, serve and enjoy !

# Lemon Scented Mug Cakes



This recipe for vegan mug cakes creates the most amazing lemon scented cakes .

**Serving :** 1 cupcake

**Preparation Time :** 3 minutes

**Ingredients :**

- All - purpose flour ( 1 ½ tablespoons )
- Baking powder ( 1 / 4 teaspoon )
- Baking soda ( 1 / 8 teaspoon )
- Salt ( to taste )
- Extra virgin olive oil ( 1 / 3 tbsp .)
- Soy milk ( 1 tbsp .)
- Granulated sugar ( 3 / 4 tbsp .)
- Lemon juice ( 1 / 4 tbsp .)
- Lemon zest ( chopped finely )

**Directions :**

- 1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .
- 2 . Cool, serve and enjoy !

# Raisin and Oats Mug cakes



Do you love oatmeal and want another way to make a creative dish with them?  
Why not make a mug cake?

**Serving :** 1

**Preparation Time :** 3 minutes

## **Ingredients :**

- Flour ( 1 ½ tbsp .)
- Almond milk ( 1 ½ tbsp .)
- Raisins
- Baking powder ( 1 / 4 teaspoon )
- Salt ( to taste )
- Granulated sugar ( 1 ¼ tbsp .)
- Canola oil ( 1 / 2 tbsp .)
- Baking soda ( 1 / 8 teaspoons )
- Vanilla extract ( 1 / 8 teaspoon )
- Hazelnut extract ( 1 / 8 teaspoon )
- Oats ( 3 / 4 tbsps . , apple cinnamon )
- Lemon Juice ( 1 tsp .)

## **Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

2 . Cool, serve and enjoy !

# Strawberry Mug Cakes



These cakes are best made with fresh strawberries and are excellent if you have a sweet tooth .

**Serving :** 1

**Preparation Time :** 4 minutes

**Ingredients :**

- Flour ( 1  $\frac{3}{4}$  tbsp .)
- Granulated sugar ( 1 tbsp .)
- Baking soda ( 1 / 8 teaspoon )
- Salt ( to taste )
- Strawberries ( 2 tbsp . , mashed )
- Canola Oil ( 1 / 2 tsp .)
- White Distilled Vinegar ( 1 / 8 tsp .)
- Vanilla extract ( 1 / 8 teaspoon )

**Directions :**

1 . Mix all Ingredients : in a microwavable mug and place to cook on high for a

minute .

2 . Cool, serve and enjoy !

# Blueberry Mug cakes



These will make a delicious addition to your breakfast or for a healthy alternative to traditional sugar filled cupcakes .

**Serving : 1**

**Preparation Time : 3 minutes**

**Ingredients :**

- Silken tofu ( 1 / 4 tbsp . , pureed )
- Dairy free soy margarine ( 3 / 4 tbsps . , softened )
- Granulated sugar ( 1 ½ tbsp . )
- Soy yogurt - vanilla ( 1 / 4 tbsp . )
- Vanilla ( 1 / 8 teaspoon )
- All - purpose flour ( 2 tbsps . )
- Baking powder ( 1 / 8 teaspoon )
- Salt ( to taste )
- Coconut milk ( 1 tbsp . )
- Blueberries - fresh ( 1 tbsp . , crushed )

**Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .



2 . Cool, serve and enjoy !

# Raspberry Mug Cake



If you love raspberries, you will love this recipe even more !

**Serving :** 1

**Preparation Time :** 3 minutes

**Ingredients :**

- Silken tofu ( 1 / 4 tbsp . , pureed )
- Dairy free soy margarine ( 3 / 4 tbsps . , softened )
- Granulated sugar ( 1 ½ tbsp . )
- Soy yogurt - vanilla ( 1 / 4 tbsp . )
- Vanilla ( 1 / 8 teaspoon )
- All - purpose flour ( 2 tbsps . )
- Baking powder ( 1 / 8 teaspoon )
- Salt ( to taste )
- Almond milk ( 1 tbsp . )
- Raspberries - fresh ( 1 tbsp . , crushed )

**Directions :**

1 . Whisk all Ingredients : in a microwavable mug and place to cook on high for a minute .

2 . Cool, serve and enjoy !

# Conclusion

There you have it ! 30 delicious recipes that can be made in the microwave . We hope you enjoyed cooking with us as much as we loved being in the kitchen with you . But why stop the fun now? The fun continues in all of our other cookbooks, so there ' s no need to say goodbye . Simply grab another chapter of our culinary adventures and meet me in your kitchen . See you soon .

# About the Author



Martha is a chef and a cookbook author . She has had a love of all things culinary since she was old enough to help in the kitchen, and hasn ' t wanted to leave the kitchen since . She was born and raised in Illinois, and grew up on a farm, where she acquired her love for fresh, delicious foods . She learned many of her culinary abilities from her mother; most importantly, the need to cook with fresh, homegrown ingredients if at all possible, and how to create an amazing recipe that everyone wants . This gave her the perfect way to share her skill with the world; writing cookbooks to spread the message that fresh, healthy food really can, and does, taste delicious . Now that she is a mother, it is more important than ever to make sure that healthy food is available to the next

generation . She hopes to become a household name in cookbooks for her delicious recipes, and healthy outlook .

Martha is now living in California with her high school sweetheart, and now husband, John, as well as their infant daughter Isabel, and two dogs; Daisy and Sandy . She is a stay at home mom, who is very much looking forward to expanding their family in the next few years to give their daughter some siblings . She enjoys cooking with, and for, her family and friends, and is waiting impatiently for the day she can start cooking with her daughter .



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## Author's Afterthoughts



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***Thanks !***

***Martha Stephenson***

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