



## Meal in a Mug: 80 Fast, Easy Recipes for Hungry People-All You Need Is a Mug and a Microwave

*Denise Smart*

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For anyone who can't cook, won't cook, or doesn't have the time to cook—but still wants a fresh, delicious, home-cooked meal instead of takeout or packaged, processed food when they're eating alone—here is the answer. All you need for real food, really fast, is a large mug, a microwave, a handful of ingredients, and a spoon.

Whether you're cooking in a pocket-sized apartment, a crowded dorm, or an office kitchenette, here are quick and clever recipes for breakfast, lunch, dinner, dessert, and snacks. Squeezing a home-cooked breakfast into your morning dash is no problem with Peanut Butter and Jam Porridge, Eggs Florentine with Hollandaise, or seed- and fruit-packed Breakfast Muffins. And no more sad office salad: whip up Spicy Lentil and Bacon Soup, Pea and Pesto Soup, and Shrimp Laska in the office kitchen for lunch, with a side of Honeyed Carrots or Garlicky Mushrooms! Chicken Korma, Thai Shrimp Curry, Wild Mushroom Risotto, Chili con Carne, and Sweet Potato and Chickpea Tagine make healthy, quick, and delicious dinners that easily trump overpriced takeout or preservative-laden frozen food. And mug baking is a piece of cake with Chocolate and Pistachio Brownies, White Chocolate and Lime Cheesecake, Berry Crumble, Sticky Gingerbread, and much more. Finally, don't forget the more conventional (but no less delicious) mug treats: Ultimate Hot Chocolate, Mulled Cider with Ginger, and Vanilla Latte. Yum!

You will be in and out of the kitchen, cravings fully satisfied, in five minutes or less!



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A lot of people always spent their free time to vacation or go to the outside with them family members or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent the entire day to reading a guide. The book Meal in a Mug: 80 Fast, Easy Recipes for Hungry People-All You Need Is a Mug and a Microwave it is quite good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not very costly but this book features high quality.

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