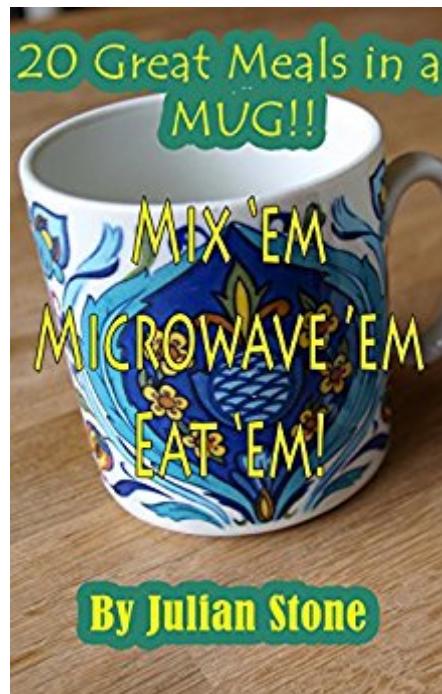


The book was found

20 Fast Meals In A Mug



Synopsis

Many people are busy and don't have time to cook themselves a fast,good meal.They eat unhealthy fast-food junk because that is a fast solution.Or you just wake up in the morning and you're late and need a meal in a hurry.There are certain recipes that can be cooked in just a mug!You prepare it,microwave it and then just eat it.It takes no longer than 5 minutes to microwave them.Here i have compiled 20 of them which include recipes for any time of the day.These mug recipes seem to be very popular among busy people and it's no surprise.They are a life-saver.Check them out and you will see how useful they are.This ebook can be accessed directly from your smartphone,you just read the ingredients,how to cook them, and VOILA!,you got yourself a meal.

Book Information

File Size: 712 KB

Print Length: 34 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 10, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00S41UCCI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #321,301 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

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#48 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #119

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Customer Reviews

I'm a single senior, or an old bachelor, take your pick. Either way, I prefer Simple Senior Single Serving Solutions (and I love it when I can assimilate something, as the author almost did with his title, Meals Mug Mix Microwave, and did for real with four of his recipe names).This cookbook is full of recipes that use exactly one dish, but I will admit that I cheated, I bought a large mug at Aldi's so I

can make some double recipes. The directions are more complicated than in the Weight Watchers cookbook I looked at earlier, but nothing that a semi-literate senior citizen like me can't follow. (Maybe I should change my title to "Sort of Simple Senior Single Serving Solutions" or should I even add one more S?Sorta Simple Single Senior Single Serving SolutionsI much prefer cooking in the microwave. Clean up is often easier, and as long as we make sure that our ingredients are fully cooked, they are healthy and easy to eat. In fact, we cook our dish in the microwave, then eat right out of the same "dish" and then, usually, cleanup is simple.I found one direction just a little confusing. One ingredient is listed as "1 oz 1 large egg" -- I'm going to try it with one egg and ignore the weight. As the title tells us, there are 20 recipes in the book, and the author seems to have my penchant for duplicate letters, as four of the recipes have the initials CCC:CCC: Coffee Cup ChilaquilesCCC: (1-Minute Paleo) Choc Chip CookieCCC: Coffee Cup Quiche (well, it sounds like a C)CCC: Coffee Cup CoffeecakeApparently that was the limit of author Julian Stone's ability to assimilate titles, but he has 16 other recipes in his book -- Huevos Rancheros Egg Whites Mug, Apple Banana "Baked" Oatmeal in a Mug, Mug Cheesecake, Pumpkin Coffee Cake in a Mug, Flax Seed Muffin in a Mug, Apple Crisp in a Mug, Banana French Toast in a Mug, Carrot & Pistachio Cake in a Mug, Banana Bread Mug Cake, Blueberry Flax Microwave Muffin, Cinnamon Roll Mug Cake, Instant Mug o' Mac & Cheese in the Microwave, Strawberries & Cream Mug Cake, Meat Loaf in a Mug, Mexican Street Corn in a Cup, and Microwaved Sausage and Cheese Spaghetti DinnerThe price of the book seems just right to me. I hate paying large amounts for books that I won't use except on occasion. Try it, you might love it.

I have been looking for an economical way to make meals quickly. This is it!!! I have been able to make meatloaf and mashed potatoes in under seven minutes. How great is this?! I can make coffeecake too! This Book is just the BEST!!!! I LOVE THIS BOOK, and so will you. Bob Appetite.

VERY HAPPY WITH ITEM AND SERVICE

Excellent cookbook. Most "microwave mug meals" are strictly desserts, but this has a few others as well.

Great item fast shippin g

Fine

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