



Savory Mug Cooking

Deb Graham

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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 meal 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? Here are recipes for quiche, omelets, soups, dips and spreads, even meatballs, and jerk chicken! All are single-serving, made of fresh ingredients---no mixes here! Every recipe can be made in under 4 minutes, right in your own mug. Perfect for those mornings when you're running late, or want a hot fresh lunch at the office. They're also great for after-school snacks; mouth-watering, delicious, nutritious, and so simple a child can make them!

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