

MEALS IN A MUG



MUG OMELET

INGREDIENTS:

- 1 LARGE EGG
- 1/4 CUP SHREDDED CHEESE
- 2 TBSP MILK
- 1 GREEN ONION CHOPPED
- 1/2 CUP DICED HAM

INSTRUCTIONS:
MIX INGREDIENTS.
MICROWAVE 3 MINUTES.

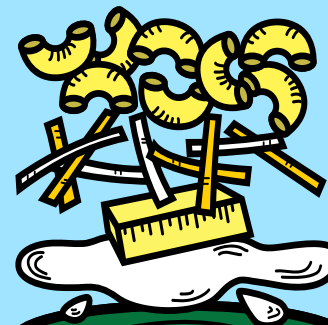


MUG MAC & CHEESE

INGREDIENTS:

- 1/2 CUP MACARONI NOODLES
- 1/3 CUP SHREDDED CHEESE
- 1 TBSP BUTTER
- 1/3 CUP MILK

INSTRUCTIONS:
MIX INGREDIENTS.
MICROWAVE 2 MINUTES.
MIX AGAIN & HEAT 1 MINUTE.



MUG CHICKEN SOUP

INGREDIENTS:

- 1/3 CUP DICED CHICKEN
- 1/2 CUP CHICKEN BROTH
- 1/4 CUP EGG NOODLES
- 1 CELERY SLICED
- 1 CARROT SLICED

INSTRUCTIONS:
MIX INGREDIENTS.
MICROWAVE 3 MINUTES.



MUG CHICKEN BURRITO

INGREDIENTS:

- 1/3 CUP BLACK BEANS
- 1/4 CUP SHREDDED CHEESE
- 1/2 CUP DICED CHICKEN
- 1/4 CUP CORN
- 1/4 CUP WHITE RICE



INSTRUCTIONS:
MIX INGREDIENTS.
MICROWAVE 3 MINUTES.

MUG YOGURT PARFAIT

INGREDIENTS:

- 1/3 CUP BLUEBERRIES
- 1/3 CUP SLICED STRAWBERRIES
- 1/2 CUP STRAWBERRY YOGURT
- 1/4 CUP GRANOLA



INSTRUCTIONS:
LAYER INGREDIENTS
IN ALTERNATING LAYERS.

MUG BROWNIE

INGREDIENTS:

- 2 TBSP MELTED UNSALTED BUTTER
- 2 TBSP COCOA POWDER
- 1/4 LIGHT BROWN SUGAR
- 1/4 FLOUR
- 1/4 CUP MILK



INSTRUCTIONS:
MIX INGREDIENTS
MICROWAVE IN 30 SECOND
INCREMENTS UNTIL BROWNIE IS
COOKED TO LIKING.

ENJOY

