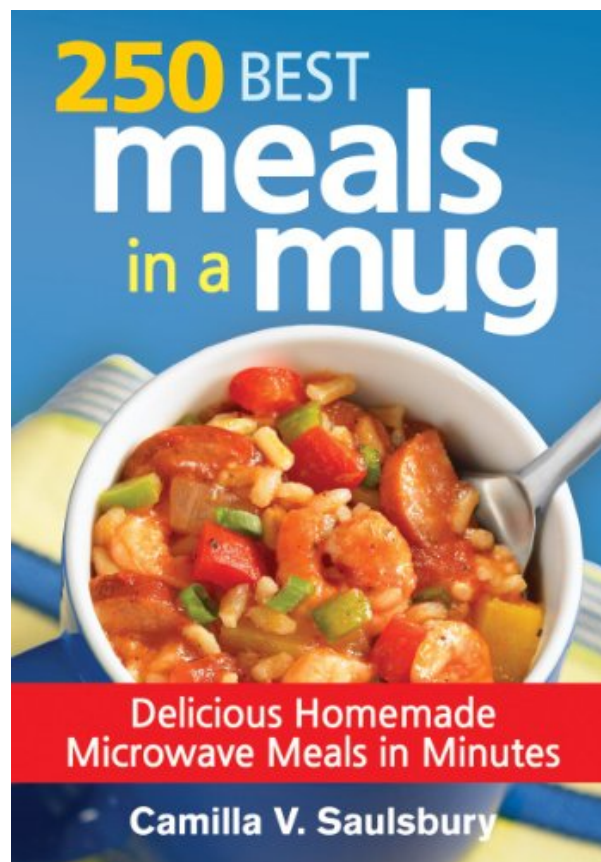
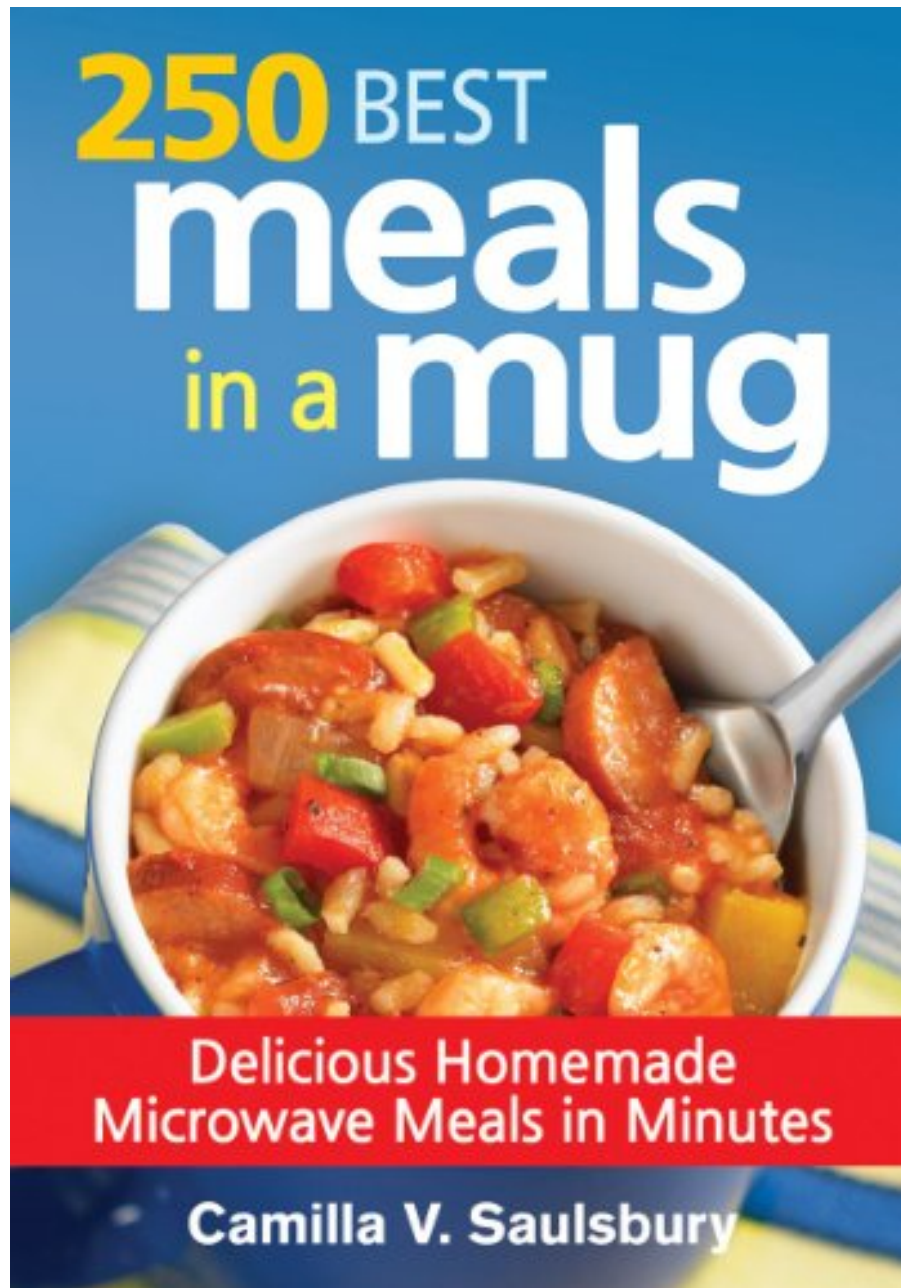


250 BEST MEALS IN A MUG: DELICIOUS HOMEMADE MICROWAVE MEALS IN MINUTES BY CAMILLA SAULSBURY



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About the Author

Camilla V. Saulsbury is a freelance food writer, recipe developer and cooking instructor. She has been featured on the Food Network, in the New York Times and on Today and QVC. She's won several top cooking competitions, including the Food Network's \$25,000 Ultimate Recipe Showdown (Cookies episode).

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When you are rushed of job deadline and also have no concept to get motivation, **250 Best Meals In A Mug: Delicious Homemade Microwave Meals In Minutes By Camilla Saulsbury** publication is one of your solutions to take. Book *250 Best Meals In A Mug: Delicious Homemade Microwave Meals In Minutes By Camilla Saulsbury* will certainly give you the best resource as well as thing to obtain motivations. It is not only about the tasks for politic business, management, economics, and also other. Some purchased works making some fiction jobs also require motivations to get rid of the task. As just what you need, this *250 Best Meals In A Mug: Delicious Homemade Microwave Meals In Minutes By Camilla Saulsbury* will possibly be your choice.

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250 BEST MEALS IN A MUG: DELICIOUS HOMEMADE MICROWAVE MEALS IN MINUTES BY CAMILLA SAULSBURY PDF

The craze for microwaving portion-size dishes in a mug is only gaining steam.

Meals in a mug are a perfect solution for solo dining, and they're also quick and easy options for busy people. And they are a convenient and budget-friendly way to eat delicious and healthy meals when living in a dorm, travelling in a RV or eating at the office.

These perfect individual portion sized recipes cover morning breakfast to late afternoon snacks and satisfying suppers with just a quick trip to the microwave which speedily omits hours of stovetop simmering and/or baking. In just 2 minutes, breakfast gets a sumptuous and nutritious boost with a moist and tender Banana Blueberry Muffin. Lunch takes its inspiration from New Orleans with Red Beans and Barley. This quick mugful of deliciousness uses quick-cooking barley which stands in for traditional white rice making it a speedy and healthy makeover.

A sampling of the recipes:

Super-Fast and Easy Recipes

- Mushroom Barley Soup, Broccoli Basil Soup, Apple Pancake Puff, Chocolate Peanut Butter Crunch Mix, Cheese Fondue

Breakfast

- Banana Bread, Almond Flour Muffin, Green Onion Bread, Zucchini Bread, Apple Cinnamon Bread, Boston Brown Bread

Soups, Stews and Chilis

- Loaded Baked Potato Soup, Quinoa Minestrone, Miso and Mushroom Soup, Poblano White Chili, Koshari, Red Clam Chowder

Meatless Main Dishes

- Eggplant Parmesan Mug, Green Chile Quesadilla Mug, Chickpea Potato Masala, Curried Lentils with Yogurt and Tortilla, Korean Pajeon

Meat, Poultry and Seafood Main Dishes

- Philly Cheesesteak Mug, Cauliflower and Ham Gratin, Shrimp with Roasted Peppers and Feta, Shepherd's Pie, Teriyaki Salmon

Dessert

- Sugar Cookie, Chocolate Fudge Cake, Blueberry Dumpling, Bananas Foster, Lemon Pudding Cake, Butterscotch Blondie, Panna Cotta.

These tasty and healthy dishes move the focus off of the time- and labor-intensive oven, and reintroduce the ease and simplicity of the microwave. They take everyday meals to the next level and the handy nutritional analysis that accompanies each recipe takes all the guesswork out of planning healthy meals.

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Most helpful customer reviews

82 of 83 people found the following review helpful.

The perfect cookbook for folks who live alone.

By Hope Irvin Marston

I love to cook and I love new cookbooks. I read a review of this one in our local newspaper about a month ago and I knew I had to have it. From breakfast to desserts, I have found many recipes I want to try.

The book has multiple features that I like. Chief ones are that the recipes call for ingredients normally stocked by cooks who enjoy preparing meals; they can be whipped up in a hurry and microwaved in minutes; and they taste good.

Many of them are prepared and baked in a 16-oz mug. That's the size of my two-cup Pyrex measuring cup.

To date I have made Quinoa Chile, Crumb Coffeecake, Kale and Barley Soup, Tomato- Couscous- Chickpea Soup, Salmon Chowder, Antipasto Pasta, and Bread Pudding and I've had this book less than a month.

I've enjoyed each of these dishes. I am recently widowed and this book is helping me to continue to eat wholesome food because it is so easy to "stir it up."

_Hope Irvin Marston, author of SALMON RIVER ODYSSEY – THE TOWN OF RICHLAND AND ITS HAMLETS.

60 of 62 people found the following review helpful.

Great book

By Erik Linna

My wife and I have already used this book more than any cookbook we have bought in the recent years (and we buy a lot). Recipes are all pantry friendly, especially great for lunches and breakfasts. So much cheaper and healthier and interesting than canned soups, frozen dinners and the like. We bought one each for our single son and daughter in college. They are both using and enjoying their copies a lot, too.

28 of 29 people found the following review helpful.

... few mug meals I have tried so far are pretty good. I like that it takes only a ...

By Carolyn M LaFavor

The few mug meals I have tried so far are pretty good. I like that it takes only a few minutes to prepare and cook.

The ingredients are things I have, I don't have to get special foods or spices, I like that it makes one serving and I don't have left overs.

See all 94 customer reviews...

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