

GEMMA'S

MUG MEALS

30 Bold Recipes for Real Food Fast!



GEMMA STAFFORD



Hi Bold Bakers!

Thank you for buying my very first e-book! This book has been a long time coming but I hope it was worth the wait! Ever since making my first mug cakes on [Bigger Bolder Baking](#), I knew we were onto something special. Thanks to you, my Big & Bold Mug Meals went viral and have been the top-viewed videos on my [YouTube Channel](#) and featured on T.V. all over the world.

On the following pages, you'll find a collection of my most favorite sweet and savory mug recipes for you including something for every taste and meal. Plus, I've included 10 exclusive recipes that I thought you'd love.

I created *Bigger Bolder Baking* so I could share my game-changing baking recipes with you. So no matter how much time or how few ingredients you have, you'll be able to make a meal in the microwave in minutes.

I really hope you enjoy this e-book and thank you so much for being part of the Bold Baking Community!



-Gemma Stafford :)

Professional Chef & Bold Baker

Breakfast

Chorizo and Spinach Frittata		Page 10
French Toast		Page 12
Peanut Butter and Jelly Oatmeal		Page 14
Mug Burrito (Mugrito)		Page 16
Egg MugMuffin		Page 18
Whole Wheat MugMuffin		Page 20
Sweet Potato Hash		Page 22

Lunch

Macaroni & Cheese		Page 26
Homemade Ramen		Page 28
Quiche		Page 30
Homemade Alphabetti Spaghetti		Page 32
Pea & Ham Risotto		Page 34

Snacks

Mug Donuts (Mugnut)		Page 38
Banana Bread		Page 40
Chocolate Chip Mug Cookie		Page 42
Coffee Cake in a Mug		Page 44
Double Chocolate Chip Mug Cookie		Page 46
Corn Muffin		Page 48

Dinner

Mug Pizza	Page 52
Lasagna	Page 54
Fried Rice 	Page 56
Vegetarian Chili 	Page 58
Indian Curry 	Page 60

Dessert

Nutella Mug Cheesecake	Page 64
Cookies & Cream Mug Cake	Page 66
Pineapple Upside Down Mug Cake	Page 68
Mug Brownie  	Page 70
Red Velvet Mug Cake	Page 72
S'more Mug Cake 	Page 74
Salted Caramel Mug Cake	Page 76

About Gemma	Page 78
--------------------	---------

Follow Me	Page 80
------------------	---------

Credits	Page 82
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Gluten-Free



Vegan



Dairy-Free



Egg-Free

Flours

All-purpose flour can be substituted out for whole wheat.

Egg Substitute

Check my [Egg Substitute Chart](#) to see what ingredients you can use to replace eggs in mug cakes. Applesauce and mashed banana would be the best egg substitutes for mug cakes.

Dairy Free

Milk can be substituted for nut milk in sweet mug cakes. It will have a different flavor but will work well.

Honey

Honey can be substituted with maple syrup or use agave if you are vegan.

Oil

You can use any oil that has a mild flavor so it doesn't overpower the cake. I recommend vegetable oil, sunflower, coconut or canola. I don't recommend olive oil for the sweet mug cakes as it will add a strong flavor.

Gluten-Free Recipes

Where All Purpose flour is used you can substitute if for Gluten-Free All Purpose Flour.

Fruit and Vegetable

Frozen fruits and vegetables can be used in any of the recipes.

Buttermilk

If you don't have buttermilk, [make your own](#) or use regular or dairy-free milk.

Brown Sugar

You can replace with the same amount of White Sugar or [make your own](#).

The cooking time of your mug meals will vary greatly depending on your microwave and the width and depth of the mug. The mugs I use are small, roughly 6oz ($\frac{3}{4}$ /1 cup).

You can bake them in the oven at 350°F (180°C) for roughly 10-12 minutes. However every mug is different so I advise checking on it after 10 minutes to see if it's cooked.

The cook time I give is based on my 1200W microwave so your timing might vary depending upon the power of your microwave.

Use microwaveable safe mugs. Mugs should not have gold or metallic borders.

All mug recipes can be mixed up in advance or the night before for an even speedier meal. Pop into the microwave when ready to eat.

FREQUENTLY ASKED QUESTIONS

My Mug Cake tastes like egg, what happened?

This can happen if you overcook your microwave meal. Next time cook it for a shorter period.

My Mug Cake came out rubbery, what happened?

Again, your mug cake is overcooked. Next time cook it for a shorter period.

How to measure 1/8 teaspoon?

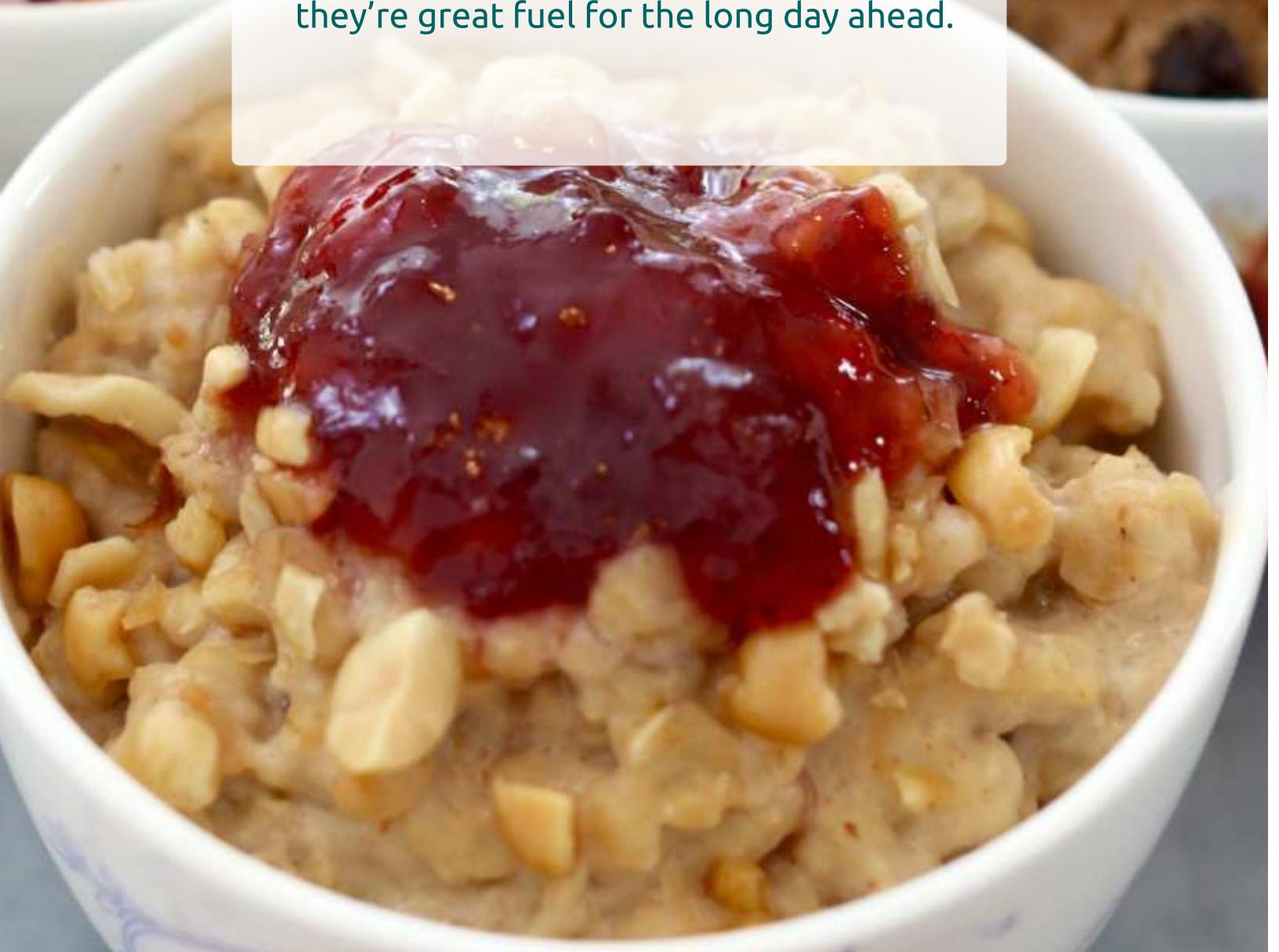
Measure $\frac{1}{4}$ teaspoon and $\frac{1}{2}$ that.

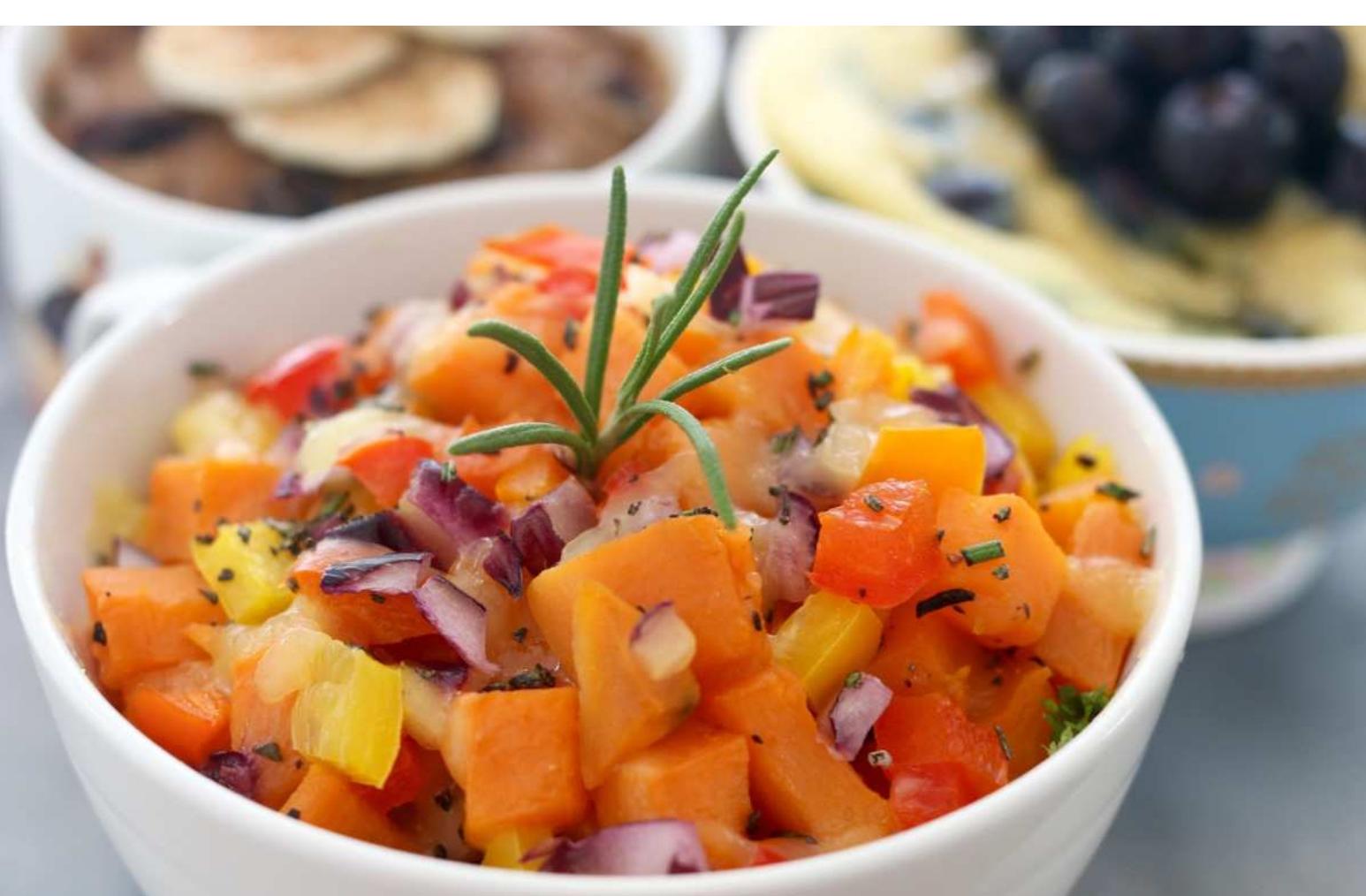
How to measure 1/16 teaspoon?

Measure $\frac{1}{4}$ teaspoon and take away $\frac{3}{4}$.

Breakfast

Breakfast is the most important meal of the day so why start your day out hungry? My mug meals can be mixed up the night before so they're ready to be cooked off fresh the next morning. And they're great fuel for the long day ahead.





Chorizo & Spinach Frittata

INGREDIENTS

2 whole eggs
2 tablespoons milk
1 small handful of spinach, raw and chopped
2 tablespoons chorizo sausage, cooked and chopped
1 tablespoon cheddar cheese, grated
Pinch of salt and pepper

METHOD

1. In a microwave safe mug whisk together all of your ingredients.
2. Microwave for 1 minute 20- 1 minute 30 seconds until the eggs are cooked through and firm to the touch on top.
3. Enjoy straight away.

NOTES

Take care not to overcook as your eggs will get rubbery. The eggs will continue cooking once out of the microwave so factor that into when you are taking them out.



French Toast

INGREDIENTS

5 tablespoons white bread, buttered and cubed

5 tablespoons milk

1 whole egg

2 tablespoons maple syrup (or sugar)

1 tablespoon of chocolate chunks

METHOD

1. In a microwave safe mug, mix together the egg, milk and syrup until combined. Add the bread to the mug and press it down so it is submerged within the liquid.
2. Add the chocolate chips to the mug and give a little stir to incorporate them in the mixture. Let it stand for 5 minutes for the bread to soak up the custard.
3. Microwave for roughly 1-1½ minutes. I suggest checking it after 1 minute and going from there.
4. Serve with whipped cream on top and enjoy warm.



Peanut Butter & Jelly Oatmeal

INGREDIENTS

3 tablespoons rolled oats
6 tablespoons water
2 tablespoons milk (or nut milk for non dairy)
2 teaspoons smooth peanut butter
2 teaspoons strawberry jelly

METHOD

1. Mix together all ingredients in a large microwave safe mug.
2. Cook for 1 minute, then stop and stir. Cook again for another minute, stir and continue cooking until done. This stirring will stop it overheating and spilling over in your microwave. It will take roughly 3 minutes to cook in total.
3. Take out and add in some extra milk if it's a bit thick. Top with strawberry jelly and enjoy!!!

NOTES

Do not use steel cut oats as they take a very long time to cook.



Mug Burrito (MUGRITO)

INGREDIENTS

1 large 9 inch tortilla (flour or whole wheat)

2 eggs

2 tablespoons beans (pinto/black beans)

2 tablespoons cheddar cheese, grated

2 tablespoons scallions, chopped

Salt and pepper

Salsa

Sour cream

METHOD

1. In a large microwavable mug press in a fresh tortilla. It will naturally fold into the shape of the mug and find its way.
2. Crack in your eggs and whisk up with a fork, taking care not to tear the tortilla.
3. Now add in your favorite burrito mixins like cheese, beans and scallions. Season with salt and pepper and mix all together. Whatever ingredients you have on hand will work great.
4. Microwave for 1 minute 20 seconds. Check, and if the eggs are still liquid, cook for another 15 -20 seconds. Keep an eye on it during cooking so the eggs don't overheat. You don't want an "egg-splosion" in your microwave.
5. Once done, let it sit for 3 minutes to cool and serve with some sour cream and salsa on top. I like to eat a little out of the middle and then lift it out of the mug and roll it like a burrito.

NOTES

Take care not to overcook as your eggs will get rubbery. The eggs will continue cooking once out of the microwave so factor that into when you are taking them out.



Egg Mug Muffin

INGREDIENTS

5 tablespoons all purpose flour
1/4 teaspoon baking powder
1/8 teaspoon baking soda
1/8 teaspoon salt
2 tablespoons milk
2 teaspoons vegetable oil or melted butter
2 tablespoons egg
1 tablespoon grated cheddar cheese
1 tablespoon scallions, chopped
1 small egg

METHOD

1. In a large microwave safe mug mix together the flour, baking powder, baking soda and salt with a fork. Add in the milk, oil, egg, cheese and scallions and mix together until just combined.
2. Make a well in the center of the batter with a spoon and crack in your egg into the center. Spoon the batter from the sides over the top of the egg. It's a little tricky but you'll get it.
3. Place in the microwave and cook for 50 seconds to 1 min 10 sec. You will know when it is cooked because it will be firm to the touch on top. Always keep a close eye on your mug while in the microwave so it doesn't overflow or overcook.
4. Enjoy while warm!

NOTES

Take care not to overcook as your eggs will get rubbery. The eggs will continue cooking once out of the microwave so factor that into when you are taking them out.



Whole Wheat Mug Muffins

INGREDIENTS

3 tablespoons whole wheat flour
½ teaspoon baking powder
¼ teaspoon ground cinnamon
Pinch of salt
2 inch piece of banana
2 teaspoons honey (maple syrup or agave)
2 ½ tablespoons milk
1 tablespoon raisins

METHOD

1. In a microwave safe mug mash up the banana with a fork. Add in the rest of the ingredients and mix together until blended. Then stir in the raisins.
2. Microwave for 45 seconds–1 minute or until it's firm to the touch on top.
3. Enjoy immediately!

NOTES

You can substitute all purpose flour for whole wheat



Sweet Potato Hash

INGREDIENTS

1 small sweet potato (around 6 oz/1 cup)

Water, enough to cover the potatoes

2 tablespoon peppers, chopped

1 tablespoon red onion, chopped

2 tablespoons grated cheese

A pinch of salt and pepper

2 teaspoons rosemary, fresh or dried

¼ tablespoon (½ oz/15g) Butter

METHOD

1. Peel and chop small cubes of sweet potato (the smaller you cut the pieces the faster the potato will cook).
2. Add into a large microwave safe mug and cover totally with cold water. Use a large mug as the water might bubble up in the microwave.
3. Cook for 3-4 minutes in the microwave until it is tender. The potatoes will turn an orange color when done (check the potatoes halfway and stir so it doesn't get too hot and spill over).
4. Drain off the water and add in the peppers, onion, cheese, butter, rosemary, salt and pepper and mix everything well together. Put back in the microwave and heat these ingredients together for another 40 seconds until hot and the cheese melts.
5. Enjoy a quick and filling breakfast!!!



Lunch

Sick of the same old boring sandwich for lunch? Tickle your tastebuds with Homemade Ramen, Alphabetti Spaghetti and lots more delicious mug meals for lunch.





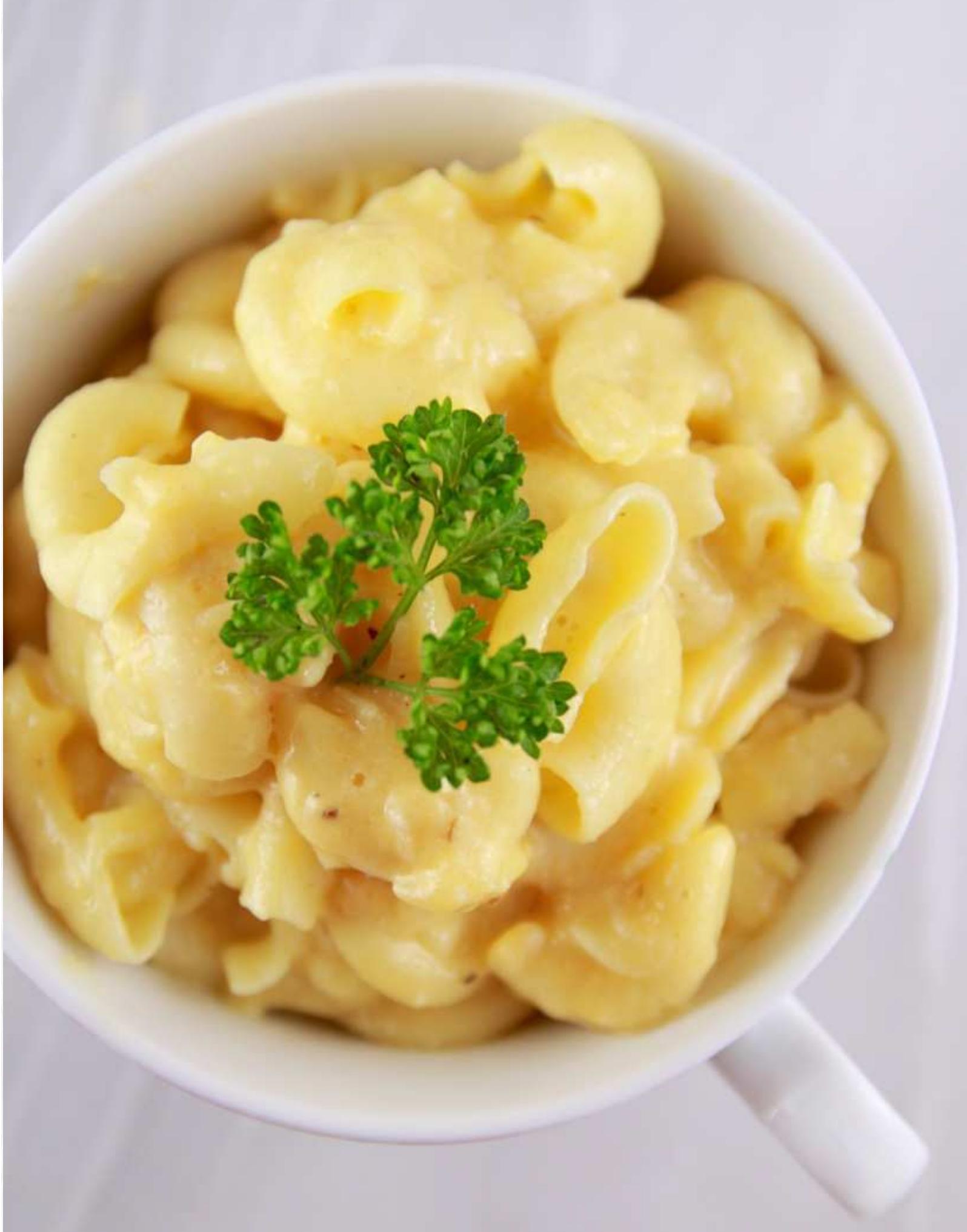
Macaroni & Cheese

INGREDIENTS

1/3 cup (28g/1oz) macaroni pasta
3/4 cup (175ml/6fl oz) water, cold
4 tablespoons milk
1/4 teaspoon cornstarch (cornflour)
4 tablespoons cheddar cheese, grated
Salt and pepper

METHOD

1. In a large microwavable mug or large bowl add in the macaroni and the water. You need a large mug as the water will boil up.
2. Microwave for roughly another 3 1/2 minutes. You want the pasta to be fully cooked.
3. Pour off the remaining cooking water. Stir in the milk, cornstarch and shredded cheese and microwave for a final 60 seconds to create your sauce.
4. Stir well, season with salt and pepper and enjoy.



Homemade Ramen

INGREDIENTS

1 cup chicken stock (or veg stock)
A few strands of Ramen Noodles ($\frac{1}{4}$ portion)
2 tablespoons frozen mixed vegetables
3 teaspoons soy sauce
 $\frac{1}{2}$ teaspoons chili sauce
1 tablespoon green onions, sliced

METHOD

1. In a large microwavable mug add in all of your ingredients. Use a large mug as the stock can bubble up while cooking. Break the noodles so they fit in the mug.
2. Microwave for 2-2 $\frac{1}{2}$ minutes or until the noodles are tender. The timing is based on my 1200W Microwave so yours might vary.
3. Serve hot from the microwave. Feel free to add more chili sauce, sesame seeds or any flavors you like.

NOTES

Pour the hot Ramen into a soup/ coffee canister and take it with you to school or work. It will keep hot for hours.



Quiche

INGREDIENTS

4 tablespoons all purpose flour
1/8 teaspoon baking powder
1/16 teaspoon baking soda
1/8 teaspoon salt
3 tablespoons milk
1 tablespoon olive oil
1 egg, beaten
2 tablespoons milk (or water)
2 tablespoons cheese, grated
1 tablespoon cooked ham, chopped
Salt and pepper to taste

METHOD

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug. Add in the milk and oil and mix together. There might be some lumps but that is ok. This is the pastry layer of your quiche. On top of the pastry layer add in your beaten egg, milk (or water), cheese and ham.
2. Mix all together gently while not disturbing the pastry layer. Season with a little salt and pepper.
3. Microwave for 1 minute 20-30 seconds, or until it rises up and the egg is cooked and firm on top. Keep an eye on it as it cooks.
4. Enjoy straight away!

NOTES

Take care not to overcook as your eggs will get rubbery. The eggs will continue cooking once out of the microwave so factor that into when you are taking them out.



Homemade Alphabetti Spaghetti

INGREDIENTS

½ cup (1 ½ oz/45g) alphabet pasta
1 cup (8oz / 230g) water, hot
2 teaspoons cornflour (cornstarch)
4 tablespoons pasta sauce (tomato sauce)
2 tablespoons milk
Salt and pepper to taste

METHOD

1. In a large microwavable mug or large bowl add in the pasta and the water. You need a large mug as the water will boil up.
2. Microwave for roughly another 3 ½ minutes or until tender. You want the pasta to be fully cooked.
3. Pour off the remaining cooking water.
4. Stir in the cornstarch, tomato sauce and milk and microwave for a final 60 seconds or until the sauce thickens. The cornstarch is the thickener for the sauce.
5. Stir well, season with salt and pepper and enjoy.

A close-up photograph of a white bowl filled with a hearty, chunky chili. A silver spoon is held above the bowl, its bowl portion containing the word "YUMMY" in raised, embossed letters. The chili has visible pieces of beans, tomatoes, and possibly meat. In the background, a red and white striped cloth napkin is partially visible.

YUMMY

Pea & Ham Risotto

INGREDIENTS

5 tablespoons white rice (quick cooking or aborio)
2/3 cup (5oz/150g) cold water
2 tablespoons frozen pea
2 tablespoons bacon, cooked and chopped*
1 tablespoons grated parmesan
Pinch of salt and pepper to taste

METHOD

1. In a very large, microwavable bowl add in your rice and cold water. Place a plate over the top of the bowl. It's best to use quick cooking rice as it's faster.
2. Microwave for 3 1/2 - 4 minutes. Keep a close eye on it as it cooks as the water can overflow if the bowl is too small.
3. When the rice is fully cooked, remove from the microwave and mix in the peas, bacon, parmesan, salt and pepper.
4. Place back in the microwave to heat the ingredients together, around 1 minute 30 seconds.
5. Enjoy your Homemade Risotto warm, straight from the microwave.

* You can replace the bacon with ham or any other vegetables you like.



Lunch

When that 3 o'clock slump hits, fight back with my quick snacks made in the microwave. Whether it's sweet or savory you fancy, there is something for everyone.





Mug Donuts (MUGNUT)

INGREDIENTS

2 tablespoons (1oz/30g) butter
4 tablespoons all-purpose flour
1 egg yolk
2 tablespoons sugar
1 tablespoon milk
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon ground cinnamon
1 tablespoon strawberry jam
Cinnamon sugar to garnish

METHOD

1. Place butter into a microwavable mug and microwave until just melted, roughly 20 seconds.
2. Add in the remaining ingredients and mix well with a fork until just combined. Once the batter is mixed, place the spoonful of jam down into the batter to get a jammy center.
3. Microwave for roughly 45 seconds or until is firm to the touch on top.
4. Sprinkle cinnamon sugar on top and enjoy straight away!



Banana Bread

INGREDIENTS

1/4 medium banana, mashed
1 tablespoon vegetable oil
1 tablespoon honey (agave or maple syrup)
1/4 teaspoon vanilla extract (optional)
3 tablespoons oat flour*
1/4 teaspoon baking powder
Pinch of salt
Pinch of cinnamon
2 tablespoons blueberries, frozen or fresh (optional)

METHOD

1. In a microwaveable mug, mix together the banana, oil, honey and vanilla. Add in the flour, baking powder, salt and cinnamon and mix until combined.
2. Dot your blueberries over the top.
3. Microwave for roughly 45–55 seconds or until it's firm to the touch on top.
4. Enjoy immediately!

NOTES

* Oat flour is rolled oats that have been blended in a food processor to resemble flour. You can also use all purpose flour instead.



Chocolate Chip Mug Cookie

INGREDIENTS

1 tablespoon (½ oz/15g) butter, room temperature
1 tablespoon white sugar
1 tablespoon brown sugar*
¼ teaspoon vanilla extract (optional)
1 egg yolk
3 tablespoons all purpose flour
Pinch of salt
2 tablespoons chocolate chips

METHOD

1. In a microwavable mug mix the butter and sugars together.
Add egg yolk and vanilla and continue mixing.
2. Stir in flour, salt and chocolate chips, then mix until all ingredients are fully combined.
3. Microwave for roughly 40–60 seconds.
4. Take care not to overcook or it can dry out. Try topping your creation with whipped cream or vanilla ice cream and chocolate sauce. Mug cookies are best eaten while still warm.

NOTES

* You can replace brown sugar for white sugar or [make your own](#).



Coffee Cake IN A MUG

INGREDIENTS

1 egg
2 tablespoons milk
1 tablespoon vegetable oil
 $\frac{3}{4}$ teaspoon instant coffee granules
1 teaspoon of hot water
4 tablespoons all purpose flour
 $\frac{1}{4}$ teaspoon baking powder
2 tablespoons brown sugar*
Pinch of salt

METHOD

1. In a microwaveable mug, mix together the egg, oil and milk.
2. Dissolve the coffee granules in the hot water and add into the wet ingredients.
3. Add in the flour, baking powder, sugar and salt and mix until combined. Use a fork to whisk and get out any lumps.
4. Microwave for around 1 minute or until it's firm to the touch on top.
5. Enjoy immediately with fresh cream and cocoa on top like a cappuccino.

NOTES

* I'm using brown sugar because it will deepen the coffee flavor but you can use white sugar as well. Or you can [make your own brown sugar](#).



Double Chocolate Chip Mug Cookie

INGREDIENTS

1 tablespoon (½ oz/ 15g) butter, soft
1 tablespoon brown sugar
1 tablespoon white sugar
1/16 tsp vanilla extract (optional)
1 egg yolk
2 teaspoons cocoa powder
1 tablespoon all purpose flour
1 tablespoon M&M's or mini chocolate chips

METHOD

1. In a microwavable mug, mix together the butter and sugars.
2. Add egg yolk and continue mixing .
3. Stir in cocoa powder and flour, then mix until all ingredients are fully combined.
4. Microwave for 40–60 seconds (check after 40 seconds to see if it's done).
5. Top your creation with whipped cream or vanilla ice cream.



Corn Muffin

INGREDIENTS

4 tablespoons flour
2 tablespoons cornmeal
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ tablespoon flavorless oil
4 tablespoons milk
1 tablespoon cheddar cheese, grated
2 tablespoons frozen corn, defrosted

METHOD

1. In a microwavable mug, mix together the flour, cornmeal, baking powder and salt.
2. Add in the oil, milk, cheese and corn. Whisk together until there are no lumps.
3. Microwave for roughly 45 seconds–1 minute or until firm to the touch on top.
4. Enjoy warm with chili or on its own as a snack.



Dinner

For Dinnertime I have hearty mug meals that are guaranteed to fill you up. Enjoy real meals like Pizza, Curry, Vegetarian Chili and much more.





Mug Pizza

INGREDIENTS

4 tablespoons all purpose flour

$\frac{1}{8}$ teaspoon baking powder

$\frac{1}{16}$ teaspoon baking soda

$\frac{1}{8}$ teaspoon salt

3 tablespoons milk

1 tablespoon olive oil

1 tablespoon marinara sauce

1 generous tablespoon shredded mozzarella cheese

5-6 mini pepperoni

$\frac{1}{2}$ teaspoon dried Italian herbs (basil or oregano will work)

METHOD

1. Mix together the flour, baking powder, baking soda and salt in a microwavable mug.

2. Add in the milk and oil and then mix together. There might be some lumps but that is ok. This is your pizza crust!

3. Spoon on the marinara sauce and spread it around the surface of the batter. Sprinkle on the cheese, pepperoni and dried herbs.

4. Microwave for 1 minute 10- 1 minute 20 seconds, or until it rises up and the toppings are bubbling.

5. Enjoy straight away!



Lasagna

INGREDIENTS

2 pasta lasagna sheets
¾ cup (6 floz/180g) water
1 teaspoon olive oil
3 tablespoons pizza sauce
4 tablespoons ricotta cheese
3 tablespoons spinach, uncooked
2 tablespoons cooked sausage, optional
1 tablespoon grated cheddar cheese

METHOD

1. Roughly break the pasta sheets and place in a large microwavable mug. Cover with water and olive oil. The olive oil stops the lasagna from sticking together while cooking.
2. Microwave for 3-4 min or until the pasta is tender. Check on it halfway through and stir. Once cooked drain away the cooking water and remove the pasta from the mug.
3. Add 1 tablespoon pizza sauce and spread on the bottom of your mug. Then add a layer of pasta, a layer of spinach, sausage (optional) and ricotta. Repeat the layers all the way to the top of the mug. Once you get to the top sprinkle on grated cheddar cheese.
4. Place in the microwave and cook for 2½ - 3 minutes or until the lasagna is heated through. Always keep a close eye on your mug while in the microwave so it doesn't overflow.
5. Let it cool for a few minutes and enjoy!

NOTES

Use a large mug so your water doesn't overflow.



Fried Rice

INGREDIENTS

5 tablespoons rice (quick cooking)
⅔ cup (5 floz/150g) cold water
2 tablespoons frozen peas
2 tablespoons grated carrot, frozen or fresh
2 tablespoons frozen corn, defrosted
2 tablespoons green onion, chopped
1 large egg
1 tablespoon soy sauce
1 teaspoon sesame oil

METHOD

1. In a very large, microwavable bowl add in your rice and cold water. Place a plate over the top of the bowl. It's best to use a quick cooking rice as it's faster.
2. Microwave for 3 ½ – 4 minutes. Keep a close eye on it since the water can overflow if the bowl is too small.
3. When the rice is fully cooked, remove from the microwave and mix in the rest of the ingredients including the egg.
4. Place in the microwave and heat until the egg is fully cooked, roughly 2 minutes.
5. Enjoy warm, straight from the microwave.



Vegetarian Chili

INGREDIENTS

3 tablespoons red kidney beans
3 tablespoons corn, frozen
2 tablespoons carrots, grated
1 tablespoon onion, finely chopped
6 tablespoons tinned tomato/ tomato sauce
 $\frac{1}{2}$ teaspoon cumin
 $\frac{1}{4}$ teaspoon chili powder
1 teaspoon worcestershire sauce (optional)
 $\frac{1}{2}$ teaspoon dried chili flakes or Tabasco sauce
Pinch of salt and pepper

METHOD

1. In a medium-sized microwavable mug combine all of the ingredients.
2. Place in the microwave and cook for 1 minute 40 seconds–2 minutes. All we want to do is heat up the ingredients and spices and cook the veg.
3. Once fully heated through and the veg have softened, serve warm with some sour cream, grated cheese and avocado.



Indian Curry

INGREDIENTS

1 cup (8 floz/225 ml) coconut milk
1 heaped teaspoon curry paste
1 oz vermicelli noodles (enough for 1 person)
3 tablespoons frozen peas
2 tablespoons carrots, grated
1 tablespoon green onion, finely chopped
3 tablespoons cooked chicken

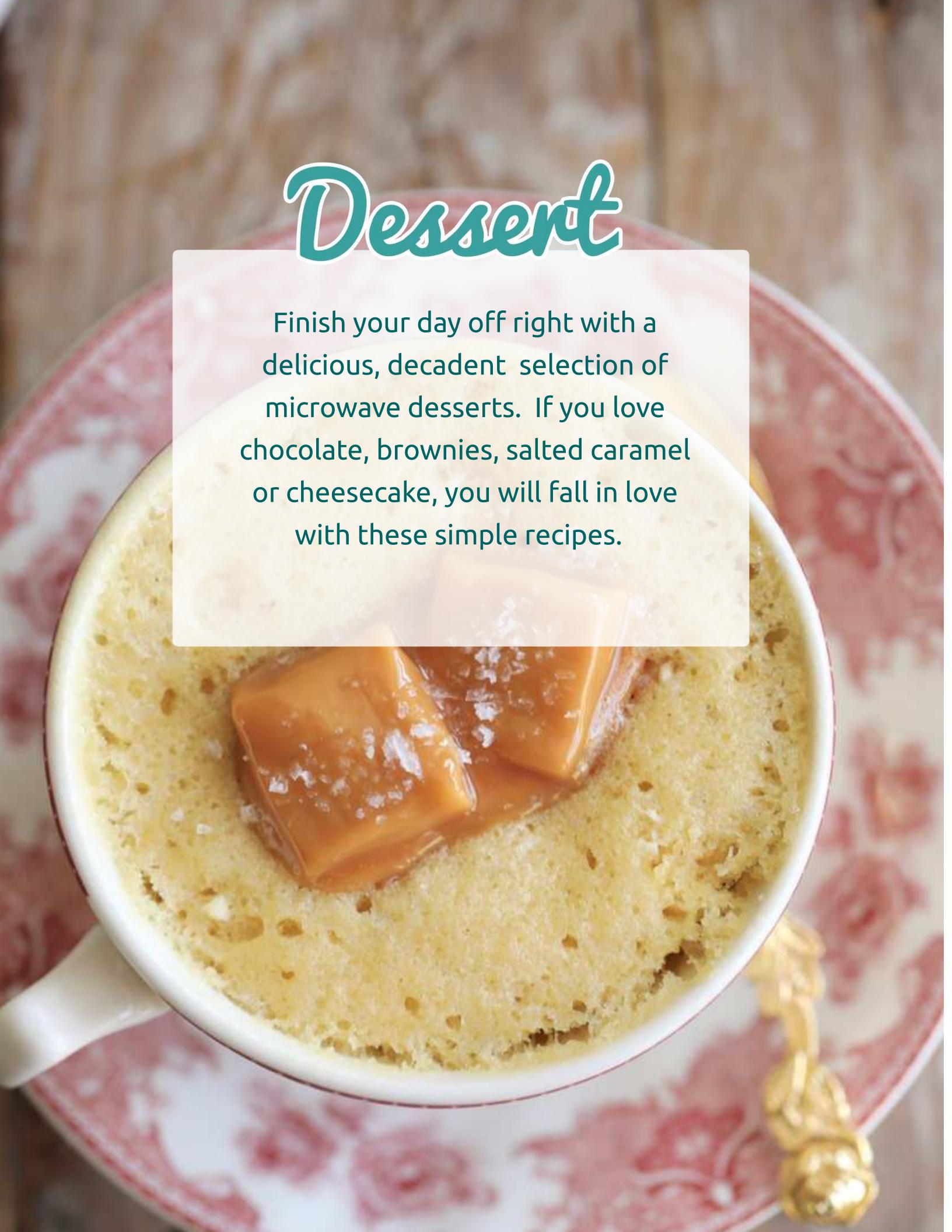
METHOD

1. In a large microwavable mug, mix together all of ingredients.
2. Microwave for roughly 1 minute 30 seconds–2 minutes or until the noodles are fully cooked.
3. Stir well and enjoy!



Dessert

Finish your day off right with a delicious, decadent selection of microwave desserts. If you love chocolate, brownies, salted caramel or cheesecake, you will fall in love with these simple recipes.





Nutella Mug Cheesecake

(MAKES 3 CHEESECAKES)

INGREDIENTS

4 ounces (115g) cream cheese, at room temperature

1 cup (8oz/ 225g) sour cream/ yogurt

½ teaspoon vanilla extract (optional)

4 tablespoons sugar

2 egg white, slightly beaten

1 tablespoon flour (prevents liquid from forming)

Nutella

Oreo cookies (around 2)

METHOD

1. In a bowl, whisk together the cream cheese, yogurt (or sour cream), vanilla, sugar, egg whites and flour until light and fluffy. This recipe makes 3 cheesecakes.
2. In a microwavable mug, sprinkle a layer of Oreo cookie crumbs in the bottom of your mug to create your cheesecake base.
3. To make 1 cheesecake: Mix together ½ cup (4oz/115g) Cheesecake base and 1 generous tablespoon Nutella. Pour over your Nutella Cheesecake batter.
4. CAUTION: Each mug cake takes roughly 45 seconds-1 minute. Microwave until you see a bubble in the center and then STOP cooking. This will take seconds, maybe 15 or more. Take it out and check it. Microwave for short intervals until you see the edge of the cheesecake is firm but make sure the center is jiggly. If it is allowed to bubble and cook further, the mixture will "break" and you'll need to start over. Make a note of the successful cooking time for your microwave.
5. Take out of the microwave and let cool to room temperature and then refrigerate until fully chilled, about 2 hours. If any liquid has formed, carefully pour out. Sprinkle with some hazelnuts and pipe freshly-whipped cream on top and you are ready to eat.



Cookies & Cream Mug Cake

(MAKES 2 MUG CAKES)

INGREDIENTS

5½ tablespoons all purpose flour
4 tablespoons sugar
½ teaspoon baking powder
1 egg
3 tablespoons milk
3 tablespoons oil
1 teaspoon vanilla extract (optional)
2 Oreo cookies

METHOD

1. Mix together all dry ingredients in an oversized mug. Then mix in the wet ingredients until smooth. After batter is smooth, add in the Oreo cookies and crush them up.
2. Divide the batter between 2 microwave safe ceramic mugs.
3. Cook for approximately 1 minutes in microwave. Check on middle of cake. If not done, cook for about 20 more seconds. Careful not to overcook or cake becomes rubbery.
4. Top with freshly-whipped cream and more cookie crumbs. Your mug cake is best eaten immediately.



Pineapple Upside Down Mug Cake

INGREDIENTS

1 egg
1 tablespoon flavorless oil (coconut, veg, canola, sunflower etc)
 $\frac{1}{4}$ teaspoon vanilla extract (optional)
3 tablespoons milk
4 tablespoons flour
2 tablespoons white sugar
 $\frac{1}{2}$ teaspoon baking powder
Pinch of salt
3 tablespoons chopped fresh pineapple
1 maraschino cherry
1 tablespoon brown sugar
1 tablespoon butter

METHOD

1. In a microwaveable mug, mix together the egg, oil, milk and vanilla. Add in the Flour, sugar, baking powder and salt and mix until combined. Use a fork to whisk and get out any lumps.
2. Melt the butter and sugar together for the top of the cake. Once melted, mix in the pineapple and lay nicely on top of your cake. It might sink a little as it is a thin cake.
3. Microwave for 1 minute, then check and possibly cook for another 20 seconds. This cake takes a little longer to cook (timing is based on my 1200W microwave so your timing might vary).
4. Enjoy immediately!



Mug Brownie

INGREDIENTS

3 tablespoons all purpose flour
3 tablespoons brown sugar
3 tablespoons cocoa powder
3 tablespoons flavorless oil (canola, coconut, sunflower, etc.)
3 tablespoons water
Pinch of salt
 $\frac{1}{2}$ teaspoon vanilla extract (optional)
2 teaspoons chocolate chips

METHOD

1. In a microwavable mug (roughly 1 cup measurement) mix together all of the ingredients. Then mix in the chocolate chips. If you don't want to cook it off straight away, then place it in the refrigerator for up to 24 hours.
2. Microwave for 45-60 seconds (Timing is based on my 1200W microwave so your timing might vary). Allow to cool for at least 5 minutes.
3. Serve warm with vanilla ice cream.



Red Velvet Mug Cake

INGREDIENTS

4 tablespoons flour

4½ tablespoons sugar

¼ teaspoon baking powder

1½ tablespoons unsweetened cocoa powder

Pinch of salt

Pinch of cinnamon

3 tablespoons flavorless oil (canola, coconut, sunflower, etc.)

3 tablespoons buttermilk (substitute sour cream or yogurt if not available)

1 egg

1 teaspoon vanilla extract (optional)

½ teaspoon red food coloring

METHOD

1. Mix together all the wet ingredients in an oversized mug using a fork until batter is smooth.
2. Add in the dry ingredients and mix until combined. Cook in the microwave for 50 seconds.
3. Be careful not to overcook as batter will become dense and rubbery.
4. Let cake cool slightly before piping on cream cheese frosting.



S'more Mug Cake

INGREDIENTS

3 tablespoons all purpose flour

3 tablespoons brown sugar

3 tablespoons cocoa powder

3 tablespoons flavorless oil (canola, coconut, sunflower, etc.)

3 tablespoons water

Pinch of salt

½ teaspoon vanilla extract (optional)

2 tablespoons crushed graham cracker (or any plain biscuit)

3 large marshmallows

METHOD

1. In a microwavable mug mix together all of the ingredients except the graham crackers (cookies) and marshmallows.
2. Over the top of the cake mix sprinkle over the crushed cookies.
3. Top with marshmallows. Microwave for 45-60 seconds.
4. Serve warm & enjoy!



Salted Caramel Mug Cake

INGREDIENTS

Makes 2 mug cakes

2 tablespoons (1oz/30g) butter, softened

4 tablespoons granulated sugar

1 large egg

½ teaspoon vanilla extract (optional)

1 tablespoon caramel sauce, store-bought or homemade

2 tablespoons milk

½ teaspoon salt

6 tablespoons all purpose flour

½ teaspoon baking powder

4 caramel candies, preferably salted

METHOD

1. In a large microwaveable mug, whisk together the soft butter and sugar with a fork.

2. Stir in the egg, vanilla, caramel sauce, salt and milk. Add the flour. Beat the batter until smooth.

3. Divide the batter between two mugs. Top each mug with 2 caramels.

Microwave separately for 1 minute 30 seconds - 2 minutes or until risen and firm on top.

4. Sprinkle a little sea salt on top and enjoy warm!



Hi Bold Bakers!

I'm a professionally-trained chef/baker originally from Ireland, and I'm passionate about sharing my years of experience and game-changing baking recipes with anyone who wants to boldly bake outside of the boxed cake. I was born in a small town in the South East of Ireland, and my passion for baking drove me to train as a professional chef before studying with legendary chef Darina Allen at the world-renowned Ballymaloe cookery school in County Cork.

After that I used my new skills as a passport to travel the globe and open doors into the culinary world. I've worked as a personal chef in Italy and on the slopes in Australia, but I was drawn to the United States and the possibilities it might hold. Working in bakeries and Michelin star restaurants in San Francisco, I gained more knowledge and drive to open my own catering business for top tech companies specializing in over-the-top breakfast creations.

Now, along with my co-creator and husband Kevin, I'm pursuing my lifelong dream of teaching people my trade and sharing my culinary adventures and Bold Baking secrets with other Bold Bakers everywhere. We currently live with our dog Waffles in Santa Monica, CA.

Join me every Monday and Thursday at 8:30 am Pacific Time for a new episode of [Gemma's Bigger Bolder Baking](#) and [Bold Baking Basics](#) on YouTube, featuring my game-changing baking recipes and techniques.

A handwritten signature in black ink that reads "Gemma". The signature is fluid and cursive, with the "G" being particularly large and prominent.





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