

# MugMeal Manual for College

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To Luke

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# 1. Dessert

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## Brownie in a Mug

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|---|---|
| 1. In a medium microwavable mug mix together the flour, cocoa powder, brown sugar, and salt.                              | <b>All-purpose flour</b> , 4 tablespoons<br><b>Unsweetened cocoa powder</b> , 3 tablespoons<br><b>Dark brown sugar</b> , 3 tablespoons<br><b>Salt</b> , a pinch |
| 2. In to the dry ingredients add in the milk, oil, and vanilla extract and mix together until you form your batter.       | <b>Milk</b> , 6 tablespoons<br><b>Oil</b> , 2 tablespoons<br><b>Vanilla extract</b> , $\frac{1}{2}$ teaspoon  |
| 3. Mix in the chocolate chips.  | <b>Semi-sweet chocolate chips</b> , 1 tablespoon  |
| 4. Microwave (1200W) for 1 minute 40 seconds - 1 minute 50 seconds or until it has risen and the batter doesn't look wet. |   |
| 5. Serve warm with vanilla ice cream.   |   |

## Banana Bread in a Mug

1. In a microwaveable mug, mash the banana really well. | **Medium ripe banana**,  $\frac{2}{3}$  (5in.)
2. Add in oil, maple syrup, and vanilla. | **Oil**, 2 tablespoons  
**Maple syrup**, 2 tablespoons  
**Pure vanilla extract**,  $\frac{1}{4}$  teaspoon
3. Add in the flour, baking powder, salt and cinnamon and mix into until combined | **Flour**, 6 tablespoons  
**Baking powder**,  $\frac{1}{2}$  teaspoon  
**Salt**, a pinch  
**Cinnamon**, a pinch
4. Dot your blueberries over the top | *Optional*  
**Blueberries**, 2 tablespoons
5. Microwave (1200W) for around 45-55 seconds

## Vanilla Cake in a Mug

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| 1. In a microwavable mug, mix together the flour, sugar, and baking powder.                      | <b>All-purpose flour</b> , 4 tablespoons<br><b>Granulated sugar</b> , 2 tablespoons<br><b>Baking powder</b> , $\frac{1}{2}$ teaspoon                                   |
| 2. Add in the milk, oil, and vanilla extract and mix until just combined. Stir in the sprinkles. | <b>Milk</b> , 4 tablespoons<br><b>Vegetable oil</b> , $1\frac{1}{2}$ tablespoons<br><b>Vanilla extract</b> , $\frac{1}{4}$ teaspoon<br><b>Sprinkles</b> , 1 tablespoon |
| 3. Microwave (1200W) for roughly 45 seconds - 1 minute, or until firm to the touch.              |  |
| 4. Serve warm with frosting, ice cream or cream.   | <i>Optional</i>  |

## Chocolate Cake in a Mug

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| 1. In a microwaveable mug mix together the flour, sugar, cocoa powder, baking powder, and salt with a fork.  | <b>All-purpose flour</b> , $2\frac{1}{2}$ table-<br>spoons<br><b>Sugar</b> , $2\frac{1}{2}$ tablespoons<br><b>Unsweetened cocoa powder</b> , 1<br>tablespoon<br><b>Baking powder</b> , $\frac{1}{4}$ teaspoon<br><b>Salt</b> , a pinch |
| 2. Add in the milk, oil, egg and chocolate chips and whisk until you have a smooth cake batter.  | <b>Milk</b> , 2 tablespoons<br><b>Oil</b> , 1 teaspoon<br><b>Egg</b> , 1 small<br><b>Chocolate chips</b> , 2 tablespoons   |
| 3. Microwave (1200W) your cake for roughly 45 seconds to 1 minute or until the cake has risen and is firm to the touch. Take care not to overcook as it will toughen the cake. |  |
| 4. Once cooked, top with a little  | <i>Optional</i><br>fudge frosting, whipped cream or ice-cream, some sprinkles  |



## Sponge Cake in a Mug

1. Place the butter in a large mug | **Butter**, 2 tablespoons  
and microwave it for 20 to 30 seconds until melted.
2. Add the egg and whisk it in | **Egg**, 1 large  
with a fork.
3. Stir in the milk, vanilla extract | **Milk**, 2 tablespoons  
and sugar. | **Pure vanilla extract**, 1 teaspoon  
| **Granulated sugar**,  $\frac{1}{4}$  cup
4. Add the flour, baking powder | **Flour**, 6 tablespoons  
and salt. Mix the batter with a | **Baking powder**,  $\frac{1}{4}$  teaspoon  
fork until smooth. | **Salt**, Tiny pinch
5. Cover and place in the fridge.  
When ready to serve microwave (1200W) for 1 minute and 20 seconds.
6. Top with whipped cream and | *Optional*  
fresh berries.

## Churro in a Mug

- |  |   |
|--|---|
| 1. In a microwave safe mug mix together the flour, baking powder, baking soda, sugar and cinnamon. | <b>All purpose flour</b> , 4 tablespoons<br><b>Sugar</b> , 2 tablespoons<br><b>Baking powder</b> , $\frac{1}{8}$ teaspoon<br><b>Baking soda</b> , $\frac{1}{16}$ teaspoon<br><b>Cinnamon</b> , $\frac{1}{4}$ teaspoon |
| 2. Add in the oil and milk. Stir until this comes together into smooth batter.                     | <b>Milk</b> , 3 tablespoons<br><b>Oil</b> , 1 tablespoon  |
| 3. Spoon the chopped chocolate into the center of the batter.                                      | <b>Roughly chopped chocolate</b> , 1 tablespoons  |
| 4. Microwave for 45 seconds to 1minute or until the cake has risen and is firm to the touch.       |   |
| 5. Sprinkle cinnamon and sugar on top.   | <b>Cinnamon</b> , 1 teaspoon<br><b>Sugar</b> , 1 tablespoon   |

## Rice Krispie Treat in a Mug

1. Place the marshmallows in the bottom of a microwave safe mug. | **Small marshmallows**, 5 table-spoons
2. Add Rice Krispie cereal on top of your marshmallows and top with butter. | **Rice Krispie cereal**, 6 table-spoons  
| **Butter**,  $\frac{1}{2}$  tablespoon
3. Microwave (1200W) for 15-20 second or until your marshmallows are gooey and melted.
4. Stir everything until evenly combined then allow to cool and set for about 5 minutes before serving.

## Bread and Butter Pudding in a Mug

1. In your microwavable mug, mix together the milk, egg, sugar, cinnamon and vanilla extract until combined.

	<b>Milk</b> , 5 tablespoons
	<b>Egg</b> , 1
	<b>Sugar</b> , 1 tablespoons
	<b>Ground cinnamon</b> , $\frac{1}{4}$ teaspoon
	<b>Vanilla extract</b> , $\frac{1}{4}$ tsp
2. Cut buttered bread into square bite-sized pieces | **Bread, buttered**, 5 tablespoons
3. Add the bread and raisins to the mug and press them down so they are submerged within the liquid. Leave it on the counter for 10 minutes for the bread to soak up the custard. | **Raisins**, 1 tablespoon
4. Microwave (1200W) for roughly 1-1½ minutes.

## 2. Meal

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## Fettuccini Alfredo in a Mug

1. In a medium sized microwavable mug, combine all of the ingredients.
2. Microwave on high for 1 and 1/2 minutes. Stir to combine and you will notice the sauce has thickened.
3. Top with additional cheese.

**Fettuccine pasta, cooked**, 2 oz

**Butter**, 1 tablespoon

**Heavy cream**,  $\frac{1}{4}$  cup

**Grated parmesan cheese**, 3 tablespoons

**Garlic powder**,  $\frac{1}{4}$  teaspoon

**Salt and pepper**, To taste

## Potato Soup in a Mug

1. Add potatoes and water into a large microwaveable mug. Microwave (1200W) for 3-4 min or until the potatoes are tender. Check on it half way through and stir.
  - Water,**  $\frac{3}{4}$  cup
  - Potatoes, in small cubes,** 3 tablespoons
2. Once cooked drain away the cooking water.
3. Into the potatoes stir in the bacon, cheese and onions and cornstarch. The cornstarch will thicken your soup.
  - Bacon, cooked,** 1 tablespoon
  - Cheddar cheese,** 2 tablespoons
  - White onion, chopped,** 1 tablespoon
  - Cornstarch,** 2 tsp
4. Stir in the stock and milk and season with salt and pepper
  - Chicken stock,**  $\frac{1}{2}$  cup
  - Milk,**  $\frac{1}{4}$  cup
5. Place in the microwave (1200W) and cook for 2 1/2 - 3 minutes or until it thickens and all of your ingredients have heated through. Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook.
  - Salt and pepper,** To taste

## Macaroni and Cheese in a Mug

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.

<b>Pasta</b> , $\frac{1}{3}$ cup
<b>Water, cold</b> , $\frac{3}{4}$ cup
2. Microwave (1200W) for roughly  $3\frac{1}{2}$  minutes. You want the pasta to be fully cooked.
3. Pour off the remaining cooking water.
4. Stir in the milk, cornstarch and shredded cheese and microwave for a final 60 seconds to create your sauce. Stir well, season with salt and pepper.

<b>Milk</b> , 4 tablespoons
<b>Cornstarch</b> , $\frac{1}{2}$ teaspoon
<b>Cheddar cheese , grated</b> , 4 table- spoons
<b>Salt and pepper</b> , To taste



## Ramen in a Mug

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 (1200W) for  $2-2\frac{1}{2}$  minutes or until the noodles are tender.
3. Serve hot from the microwave.

**Chicken stock**, 1 cup

**A few strands of Ramen Noodles**,  $\frac{1}{4}$  portion

**Frozen mixed vegetables**, 2 tablespoons

**Soy sauce**, 2 teaspoons

**Chili sauce**,  $\frac{1}{2}$  teaspoons

**Green onions , sliced**, 1 tablespoon

## Pizza in a Mug

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|---|---|
| 1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.                           | <b>All purpose flour</b> , 4 tablespoons<br><b>Baking powder</b> , $\frac{1}{8}$ teaspoon<br><b>Baking soda</b> , $\frac{1}{16}$ teaspoon<br><b>Salt</b> , $\frac{1}{8}$ teaspoon |
| 2. Add in the milk and olive oil then mix together. There might be some lumps but that is ok.                   | <b>Milk</b> , 3 tablespoons<br><b>Olive oil</b> , 1 tablespoon  |
| 3. Spoon on the marinara sauce and spread it around the surface of the batter.                                  | <b>Marinara sauce</b> , 1 tablespoon  |
| 4. Sprinkle on the cheese, pepperoni, and dried herbs.  | <b>Shredded mozzarella cheese</b> , 1 tablespoon  |
| 5. Microwave (1200W) for 1 minute 10 - 1 minute 20 seconds, or until it rises up and the toppings are bubbling. | <b>Pepperoni</b> , 5 mini<br><b>Basil</b> , 1/2 teaspoon  |

## Quiche in a Mug

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|--|---|
| 1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.  | <b>All purpose flour</b> , 4 tablespoons<br><b>Baking powder</b> , $\frac{1}{8}$ teaspoon<br><b>Baking soda</b> , $\frac{1}{16}$ teaspoon<br><b>Salt</b> , $\frac{1}{8}$ teaspoon |
| 2. Add in the milk and oil with mix together. There might be some lumps but that is ok. This is the pastry layer of your quiche. | <b>Milk</b> , 3 tablespoons<br><b>Olive oil</b> , 1 tablespoon  |
| 3. On top of the pastry layer add in a egg, milk, cheese and ham. Mix all together gently while not disturbing the pastry layer. | <b>Egg, beaten</b> , 1<br><b>Milk</b> , 2 tablespoons<br><b>Cheese , grated</b> , 2 tablespoon<br><b>Cooked ham , chopped</b> , 1 table-<br>spoon                                 |
| 4. Microwave (1200W) for 1 minute 20 seconds - 2 minutes, or until it rises up and the egg is cooked and firm on top.            |   |

## Shakshuka in a Mug

1. In a microwavable mug combine the tomato sauce and spices.

	<b>Tomato sauce</b> , $\frac{1}{2}$ cup
	<b>Cumin</b> , 1 teaspoon
	<b>Onion powder</b> , $\frac{1}{2}$ teaspoon
	<b>Garlic powder</b> , $\frac{1}{2}$ teaspoon
	<b>Dry oregano</b> , $\frac{1}{2}$ teaspoon
	<b>Red pepper flakes</b> , A pinch
2. Once your sauce is mixed up | **Egg**, 1  
crack your egg into the center of the mug.
3. Microwave for 2-2.30 seconds in 30 second intervals or until your egg white is fully cooked and the gold is slightly set. Top with corriander and feta.

	<b>Feta cheese</b> , Cover mug
	<b>Corriander</b> , Little

## SpaghettiOs in a Mug

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.
  - Pasta**,  $\frac{1}{3}$  cup
  - Water, hot**, 1 cup
2. Microwave for roughly another 3  $\frac{1}{2}$  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.
  - Cornstarch**, 2 teaspoons
  - Tomato sauce**, 4 tablespoons
  - Milk**, 2 tablespoons
  - Salt and pepper**, To taste
5. Stir well, season with salt and pepper and enjoy.

## Cheese and Broccoli Rice Bowl

1. In a very large, microwavable mug or bowl add in your rice, broccoli and cold water. Place a plate over the top of the bowl.

	<b>Rice</b> , 5 tablespoons
	<b>Cold water</b> , $\frac{2}{3}$ cup
	<b>Broccoli, finely chopped</b> , 2
2. Microwave (1200W) for  $3\frac{1}{2}$  - 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 cornstarch, milk, grated cheese, milk and a pinch of salt.

	<b>Cornstarch</b> , $\frac{1}{2}$ teaspoon
	<b>Milk</b> , 3 tablespoons
	<b>Grated cheddar</b> , 4 tablespoons
	<b>Salt</b> , To taste
4. Place back in the microwave (1200W) to heat the ingredients together, around 1 minute 30 seconds or until sauce thickens.

## Chicken Pie in a Mug

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|--|---|
| 1. In a large microwavable mug add in the cooked chicken, frozen vegetables, cornstarch, salt and pepper. Stir well together to mix in the cornstarch. | <b>Cooked chicken</b> , 3-4 tablespoons<br><b>Frozen vegetables (peas and carrots)</b> , 2 tablespoons<br><b>Cornstarch</b> , $1\frac{1}{2}$ teaspoons<br><b>Salt and pepper</b> , To taste |
| 2. Pour in the stock and milk and stir well until everything is combined. Set aside.   | <b>Chicken stock</b> , 3 tablespoons<br><b>Milk</b> , 1 tablespoon  |
| 3. For the biscuit topping: Mix together the flour, baking powder and salt in a small bowl.  | <b>Flour</b> , 4 tablespoons<br><b>Baking powder</b> , $\frac{1}{2}$ teaspoon<br><b>Salt</b> , $\frac{1}{8}$ teaspoon   |
| 4. Using a fork rub in the cubed butter into the dry ingredients.  | <b>Butter, cubed</b> , $\frac{1}{2}$ tablespoon   |
| 5. Stir in the milk and herbs until your mix forms a batter.   | <b>Milk</b> , $3\frac{1}{2}$ tablespoons<br><b>Chopped herbs</b> , 1 tablespoon   |
| 6. Gently scoop the batter on top of the chicken pie mix. It might sink a little, don't worry that is fine. During cooking it will rise up.            |   |
| 7. Microwave (1200W) for roughly 2 minutes- 2 minutes 15 seconds. It is ready when the biscuit batter is firm on top and you don't see any wet batter. |   |

## Lasagna in a Mug

1. Roughly break the pasta sheets | **Pasta lasagna sheets**, 2  
and place in a large microwavable mug.
2. Cover with water and olive oil. | **Water**,  $\frac{3}{4}$  cup  
The olive oil stops the lasagna | **Olive oil**, 1 teaspoon  
sticking together while cooking.
3. Microwave for 3-4 min or until the pasta is tender. Check on it half  
way through and stir.
4. Once cooked drain away the cooking water and remove the pasta  
from the mug
5. Add 1 tablespoons pizza sauce | **Pizza sauce**, 3 tablespoons  
and spread on the bottom of | **Pizza sauce**, 3 tablespoons  
your mug. Then do a layer of | **Ricotta cheese**, 4 tablespoons  
pasta, layer of spinach, sausage | **Spinach , uncooked**, 3 table-  
and ricotta. spoons
6. Repeat the layers all the way to | **Cooked sausage , optional**, 2 ta-  
the top of the mug blespoons
7. Place in the microwave (1200W) | **Grated cheddar cheese**, 1 table-  
and cook for 2 1/2 - 3 minutes spoon  
or until the lasagna is heated through. Always keep a close eye on  
your mug while in the microwave so it doesn't over flow or over cook.
8. Let cool for a couple minutes before serving.



### 3. Breakfast

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## Egg Muffin in a Mug

1. In a large microwave-safe mug mix together the flour, baking powder, baking soda, and salt with a fork.

	<b>All-purpose flour</b> , 5 tablespoons
	<b>Baking powder</b> , $\frac{1}{4}$ teaspoon
	<b>Baking soda</b> , $\frac{1}{8}$ teaspoon
	<b>Salt</b> , $\frac{1}{8}$ teaspoon
2. Add in the milk, oil, egg, cheese, and scallions and mix together until just combined.

	<b>Milk</b> , 2 tablespoons
	<b>Vegetable oil or melted butter</b> , 2 teaspoons
	<b>Egg</b> , 2 tablespoons
	<b>Grated cheddar cheese</b> , 1 table-spoon
	<b>Scallions chopped</b> , 1 tablespoon
3. Make a well in the center of the batter with a spoon and crack in your egg into the center. | **Egg**, 1 small
4. Spoon the batter from the sides over the top of the egg.
5. Place in the microwave (1200W) and cook for 50 seconds- 1 minute 10 seconds. 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.

## Breakfast Burrito in a Mug

1. In a large microwavable mug | **9 inch tortilla**, 1 large  
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 | **Eggs**, 2  
up with a fork, taking care not to tear the tortilla.
3. Add in your favorite burrito mixins like cheese, beans, and  
scallions. Season with salt and pepper and mix all together.  
Whatever ingredients you have to hand will work great.  
**Beans (pinto/black beans)**, 2 ta-  
blespoons  
**Cheddar cheese, grated**, 2 table-  
spoons  
**Scallions, chopped**, 2 table-  
spoons  
**Salt and pepper**, To taste
4. Microwave (1200W) for 1  
minute 20 seconds. Check,  
and if the eggs are still liquid, cook for another 15 -20 seconds. Keep  
an eye during cooking so the eggs don't overheat. You don't want an  
egg explosion in your microwave.
5. Once done, let it sit for 3 minutes to cool before serving.
6. Serve with some sour cream | *Optional*  
and salsa on top.

## French Toast in a Mug

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|--|---|
| 1. In a microwave safe mug, mix together the egg and milk.   | <b>Egg</b> , 1<br><b>Milk</b> , 5 tablespoons   |
| 2. Add the bread, ham, cheese and salt and pepper. Stir until combined.  | <b>White bread , cubed</b> , 5 table-<br>spoons<br><b>Grated cheddar</b> , 3 tablespoons<br><b>Cooked ham</b> , 3 tablespoon<br><b>Salt and pepper</b> , To taste |
| 3. Let it stand for 5 minutes for the bread to soak up the custard. Press it down so the bread is submerged within the liquid. |   |
| 4. Microwave (1200W) for roughly 1½ - 2 minutes. I suggest checking it after 1 minute and go from there.                       |   |

## Strawberry Pop Tart in a Mug

1. In a microwavable mug mix the butter and sugar together. | **Butter, room temperature**, 1 tablespoon  
| **Icing sugar**, 1 tablespoon
2. Stir in flour and milk and mix until all ingredients are fully combined. | **All purpose flour**, 4 tablespoon  
| **Milk**, 2 tablespoon
3. Make a well in the batter and spoon in the jam. Gently smooth the batter over the jam so there is none peeking out. | **Strawberry jam**, 1 tablespoon
4. Microwave (1200W) for 45-60 seconds, or until firm to the touch.
5. Set it aside to cool. Spoon over some icing and sprinkles. | **Icing**, Cover center  
| **Sprinkles**, A pinch

## Cinnamon Roll Oatmeal in a Mug

1. In a large microwavable mug add in the oats, cinnamon, brown sugar, milk and water and stir. You need to use a large mug as the mix can bubble up.
  - Quick cooking oats**, 4 tablespoons
  - Cinnamon**,  $\frac{1}{4}$  teaspoon
  - Brown sugar**, 2 teaspoons
  - Milk**, 4 tablespoons
  - Water**,  $\frac{1}{2}$  cup
2. Place in the microwave (1200W) and cook for 1 minutes. Stir the oatmeal and then continue cooking at 20-30 second intervals or until the oatmeal is cooked. Keep a close eye as it cooks as you don't want it to overflow in your microwave.
3. Cream Cheese Glaze: Microwave cream cheese in a small bowl for about 10 seconds until soft. Stir in sugar, milk and vanilla extract until creamy.
  - Cream cheese, softened**,  $\frac{1}{4}$  cup
  - Sugar**, 3 tablespoons
  - Milk**, 2 teaspoons
  - Vanilla extract**,  $\frac{1}{8}$  teaspoon
4. Swirl the cream cheese glaze over your hot oatmeal