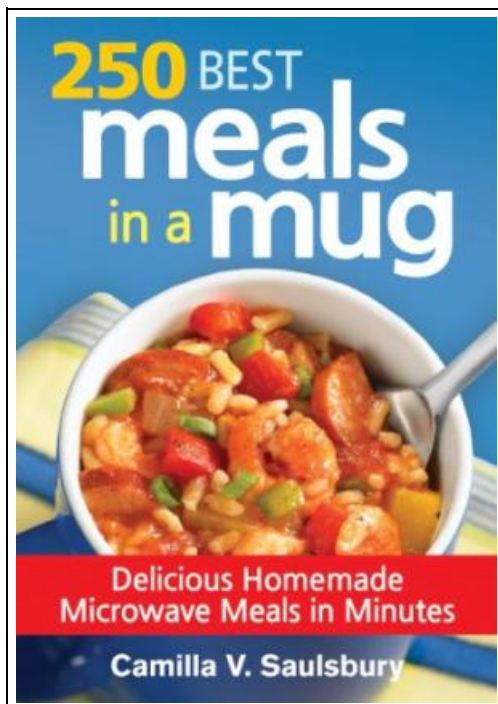


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Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, 250 Best Meals in a Mug: Delicious Homemade Microwave Meals in Minutes, Camilla V. Saulsbury, The craze for microwaving portion-size dishes in a mug is building a head of steam. Meals in a 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 digs, caravanning 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 mugfull 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, Courgette Bread, Apple Cinnamon Bread, Boston Brown Bread. Soups, Stews and Chillies: Loaded Baked Potato Soup, Quinoa Minestrone, Miso and Mushroom Soup, Poblano White Chilli, Koshari, Red Clam Chowder. Meatless Main Dishes: Aubergine 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...



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