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and voila this delicious variety of easy

meals in a mug takes just minutes to make

but tastes like you've been at it all
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makes a wonderful t college
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collection of mug cake recipes the ease and convenience of these single serving recipes are perfect for busy families singles teens college students and seniors who want to whip up easy food using fresh ingredients or even leftovers'

'make ahead microwave mug meals gemma s bigger bolder baking

June 5th, 2020 - hi bold bakers i am proud to say i have created almost 100 mug recipes from classic mug cakes like my microwave mug brownie to more savory favorites like mug pizza i love creating and sharing new mug meals while my mug meals are truly real food fast i thought there might be a way for even the busiest person to enjoy a great meal anytime so that s why i created make ahead microwave mug'

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treat is only 100 calories
for a fudgy mug brownie
this is how you can get
yourself a delicious single
brownie when you need a
small treat and don t want
to overdo it this single
serving 100 calorie mug
brownie recipe will only
take minutes to get ready
and it s so simple i ve
measured out brownie
mixes and cake mixes to
see how much i could eat
and still stay within my"18
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cook in a mug buzzfeed***

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RECIPES ARE PERFECT

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TO WHIP UP EASY FOOD

USING FRESH

INGREDIENTS OR EVEN

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to make in the

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these recipes even count as

healthy desserts like the

flourless chocolate mug

cake which is paleo

friendly the confections

also pair perfectly with a

quick easy dinner recipe

because of the low time

mitment or even a one pot

meal since it s also a one

dish dessert'

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rap these days but when you re running late

or only have 10 minutes between errands

tossing a few ingredients in a mug for a

healthy and tasty meal in five minutes flat

doesn t sound too shabby and all that hype

well it's just that there's not **"24"**

mouthwatering easy mug recipes eat this not that

June 6th, 2020 - sorry coffee but breakfast lunch dinner and most importantly dessert are all taking over your favorite mugs despite its reputation for just heating up leftovers the microwave can be a quick way to whip up your next meal simple instructions minimal equipment and blink and it's done cooking time add up for an effortless way to cook up something special as there really is nothing like'

'easy healthy microwave mug recipes shape

June 3rd, 2020 - start your day on a sweet note with this healthy mug recipe that clocks in under 100 calories including the streusel topping add chocolate covered katie's healthy glaze icing to the top to take it to the next level'

'5 microwave mug meals mug pizza brownie in a mug amp more gemma's bigger bolder baking

June 4th, 2020 - you won't believe the delicious and nutritious microwave recipes you can make in just minutes more mug cakes amp meals get 100 mug meal recipes on my website including mug pizza'

'meals in a mug 100 delicious recipes ready to eat in

may 10th, 2020 - with straightforward recipes that offer great little meals for one

you can't go wrong with this imaginative

collection from hot cranberry and almond

muesli to set you up for the day to french

onion soup for a stylish lunch pasta in a creamy herb sauce for supper followed by chocolate and white chocolate chip pudding for sheer indulgence you'll be spoiled for choice

'gemma's best mug cake recipes and microwave mug meals

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