

## **Breakfast in a Mug**

- 1 tablespoon butter or 1 tablespoon margarine
- 1 tablespoon milk or 1 tablespoon water
- 1 -2 egg
- 1 dash pepper
- 1 dash salt
- 1 slice bacon, cooked (optional)
- shredded cheese (optional)

### **Directions:**

1. Place butter in 12 oz. microwave safe mug or small bowl.
2. Microwave on High 30-45 seconds, or until melted.
3. Add egg (s), milk, salt and pepper.
4. Stir or whip with a fork.
5. Microwave one egg on High 35 to 45 seconds; two eggs 1 1/4 to 1 3/4 minutes, or until eggs begin to set, stirring with fork to break apart after half of the time.
6. Remove eggs when they are still soft and moist. (you may have to play with the time depending on your microwave) Let stand about 2 minutes.
7. While eggs are standing crumble bacon and add to eggs.
8. Eggs will firm up while standing.
9. If desired sprinkle with shredded cheese during standing time.

## **Meat loaf in a Mug**

- 1 slice white bread, torn into pieces
- 2 T milk
- ½ t Worcestershire sauce
- ¼ lb ground beef
- 1 T onion or chives, chopped
- ¼ t season salt
- 1/8 t Black pepper
  - Place the torn bread into a small bowl, and pour in the milk and Worcestershire sauce; set aside for a few minutes for the bread to absorb the liquid. Add the ground beef, green onion, seasoned salt, and pepper to the bread; mix well and place into a 10 ounce, microwave-safe mug.
  - Cook in the microwave at 70 percent power until the meatloaf is firm and no longer pink in the center, 4 to 5 1/2 minutes depending on the microwave. Remove the meatloaf from the microwave, and allow to stand 2 minutes before serving.

(Mom's Meatloaf Glaze- 2 pkg ketchup, 2 T brown sugar)

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## **Pumpkin Pie in a Mug**

### Pie Filling:

2 cups pumpkin puree  
1 15 oz can full fat coconut milk  
3/4 cup maple sugar  
1 Tbsp pure vanilla extract  
1 tsp maple extract  
2 tsp ground ginger

1 Tbsp cinnamon  
2 tsp ground cardamom  
1/2 tsp grated nutmeg  
1/4 tsp ground cloves  
3 large organic eggs  
a large pinch sea salt

### Topping:

1/2 cup organic heavy whipping cream  
1 Tbsp maple syrup  
1/2 tsp cinnamon  
1 tsp pure vanilla extract

Preheat the oven to 375 degrees. Spray the insides of four 8oz coffee mugs with non stick spray and set aside. Combine all filling ingredients in a food processor and process until smooth. Pour filling into the mugs dividing evenly between the four. Place in the oven and bake for 40-50 minutes or until set. Remove from oven and let cool. To make topping, whip cream to soft peaks with an electric mixer, then add syrup, cinnamon and vanilla and continue to whip to stiff. Using a pastry bag, pipe decoratively on top of the filling (or just spoon a bit on top). Serve at room temperature or chilled if desired.

## **Red Hot Apple Pie in a Mug**

### **Ingredients**

- 1 medium Fuji apple , cored and cut into 1/2-inch cubes
- 12 to 15 pieces Red Hots Cinnamon Flavored Candy
- 1/2 sheet (2 crackers) low-fat cinnamon graham crackers
- 2 tablespoons fat-free whipped topping (from an aerosol canister), or more for optional topping
- Dash cinnamon

### **Directions**

Put apple cubes in a microwavable cup or mug. Top with Red Hots. Cover and microwave for 2 minutes. Stir well. Re-cover and microwave for an additional 1 to 2 minutes, until apple cubes are soft.

Meanwhile, place graham crackers in a plastic bag and thoroughly crush through the bag; set aside.

Once cup or mug is cool enough to handle, mix contents well. Allow to cool for about 10 minutes.

Top with most of the crushed graham crackers followed by the whipped topping. Add an extra serving of whipped topping, if you like.

Sprinkle with a little cinnamon and remaining crushed graham. Voila!