

Easy Microwave Desserts in a Mug



Gloria Hander Lyons



Blue Sage Press

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Easy Microwave Desserts in a Mug

General Information

Important—Don't Skip This Part!!

Quick and easy microwave desserts in a mug are the perfect solution for singles, seniors or college dorm students. They are also handy if you want a late night snack for one or a last-minute, “right-out-of-the-oven” breakfast treat.

These mixes also make fun cooking projects for kids, whether measuring the ingredients to make the mix or simply using the mix to prepare a treat. With a bit of adult supervision, each child can make his own special dessert.

These single-serving desserts are prepared, cooked and served in the same mug. Each mug mix includes all the ingredients you need to prepare your treat (including a single-serving size container of fruit or vegetables for some recipes). All you add is water and/or butter or margarine; and in five minutes or less, you have a tasty dessert, breakfast pastry or hot beverage in a mug.

You can mix them up in a jiffy any time you get the urge for a sweet treat, or make them ahead of time and store them in small plastic zipper-type bags to give as unique, inexpensive gifts or for your own convenient use.

You'll want to try them all!

Mixing



This book includes mix recipes for more than 80 delectable desserts, breakfast treats and hot beverages—all in single-serving, easy to cook portions.

The most important thing to keep in mind when preparing small serving-size mixes is accuracy in measuring. All the amounts listed in each recipe are for level measurements for measuring spoons and cups. Keep a straight-edge knife handy for this purpose.

Some of the recipes call for one-half of a tablespoon of ingredients. If you don't own a one-half tablespoon measuring spoon, it is equal to one and a half teaspoons.

Helpful Hint: Before starting to mix your ingredients together, line up all the ingredients called for in the recipe (flour, sugar, salt, baking powder, egg white powder, vanilla powder, etc.) on your counter. As you add each one, move it to another section of the counter or to a different counter, so you'll know it's already been added to the mix. This way, you won't forget to add an ingredient or accidentally add it twice!

Note: Although most of these recipes call for butter or margarine, you may substitute a more heart-healthy butter-flavored spread, such as Smart Balance®. Just make sure the butter substitute you choose is meant for use in cooking.

Cooking

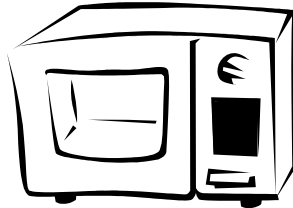
Make sure the mug you use for preparing the mixes is microwave safe, and that it will hold at *least* 12 ounces (or 1-1/2 cups) of liquid.

All the recipes in this book were tested in a 1000 Watt microwave oven. Since microwave wattages vary, you might need to make slight adjustments in cooking times and power settings for your oven.

Don't overcook your cakes or they will be tough and dry. A bit of moisture on the top after baking is normal. Test for doneness with a toothpick inserted into the cake if you aren't sure.

The cooking instructions for some of the mixes include covering the mug after cooking and letting the food stand in the microwave for a few minutes to finish the cooking process. I use a small plate, like a bread plate, for this purpose.

Note: If your microwave doesn't have a turntable, rotate the mug one quarter turn half-way through the cooking time for more even baking.



Special Ingredients

For greater ease in preparation, the dessert mixes that require the addition of eggs are made using egg white powder. Egg white powder (a well-known brand is called Just Whites®) can be found in most large supermarkets on the baking aisle.

Some of the recipes call for vanilla powder (optional), which is measured exactly the same as vanilla extract. Vanilla powder is not available in most grocery stores, but you can order it by mail, phone or on-line and have it shipped directly to your door.

To find ordering sources on-line, simply type “vanilla powder” into your search engine. I have listed a couple of sources below:

Barry Farm Enterprises
419-228-4640
www.barryfarm.com

San Francisco Herb Co.
800-227-4530 – Orders
www.sfherb.com

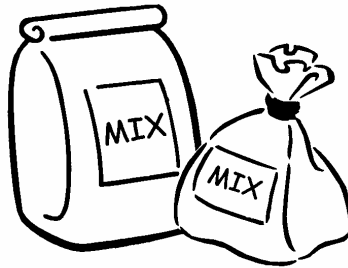


Packaging

If you're preparing the dessert-in-a-mug mixes to give as gifts or making them ahead of time for your own use at a later date, store them in small zipper-type plastic bags.

Sandwich-size bags (6-1/2" X 5-7/8") work well for the mixes that measure about 1/2 a cup. For the cake toppings (or other ingredients added separately) that measure about 1-2 tablespoons or less, use a double layer of plastic wrap, cut into a 4" or 5" square. Place the topping in the center of the plastic wrap, gather the corners together and secure with a twist tie.

Whether you're making these mixes to give away as one-of-a-kind gifts or for your own convenience, they will be welcome additions to the pantry.



Gift Ideas

These convenient single-serving mixes make unique, inexpensive gifts. Refer to the section called “*Desserts-in-a-Mug Gift Ideas*”, on page 89, for creative gift-giving suggestions.



You’ll find instructions for making attractive mix-in-a-mug gifts for various occasions. Simply line a pretty mug with colorful tissue paper and place a bag of mix inside. Then write the cooking instructions on a small tag and attach to the mug handle, using colorful ribbon or write them on a recipe card and tuck inside the mug.

A few of the fun ideas listed are: “Birthday Cake in a Mug”, “Thanks a Latte” and “You’re a Peach!”

This section also includes instructions for putting together creative gift baskets, such as: “Coffee Lover’s” gift basket and “Afternoon Tea Party” gift basket.

Surprise a friend or family member with a “one-of-a-kind” gift that you made yourself!

Dessert Mixes

Brownies & Cookies

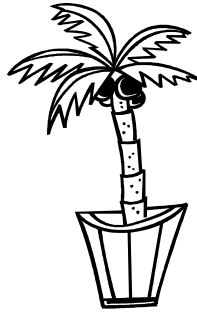


Coconut Pecan Blondie Mix

1/4 cup flour
1/4 cup brown sugar, packed
1-1/2 tablespoons sweetened flaked coconut, firmly packed
1 tablespoon finely chopped pecans
1 teaspoon egg white powder
1/4 teaspoon vanilla powder
1/8 teaspoon baking powder
Dash of salt

Blend ingredients together and place in a small zipper-type bag.

To prepare: Microwave 1-1/2 tablespoons butter or margarine in mug until melted. Empty cookie mix into mug and add 1-1/2 tablespoons water; stirring with a fork until blended. Microwave on 60% power for 2 minutes. Let stand in the microwave 3 minutes. Remove from oven and let stand until cool enough to eat.



Chocolate Brownie Mix

1/4 cup granulated sugar
3 tablespoons flour
2 tablespoons semi-sweet chocolate chips
1 tablespoon unsweetened cocoa
1 tablespoon finely chopped pecans (optional)
1-1/2 teaspoons egg white powder
1/4 teaspoon vanilla powder (optional)
1/8 teaspoon baking powder
Dash of salt

Blend ingredients together and place in a small zipper-type bag.

To prepare: Microwave 1-1/2 tablespoons butter or margarine in mug until melted (20 seconds on high power). Empty brownie mix into mug and add 1-1/2 tablespoons water; stirring with a fork until blended. Microwave on 60% power for 2 minutes. Let stand in oven 3 minutes. Remove from oven and let stand until cool enough to eat.



Mocha Brownie Mix

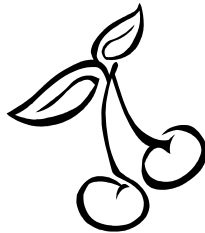
Add 1/4 teaspoon instant coffee granules to the Chocolate Brownie Mix recipe. Prepare as directed for Chocolate Brownie Mix.

Chocolate Mint Brownie Mix

Substitute 2 tablespoons of mint chocolate chips for the semi-sweet chocolate chips in the Chocolate Brownie Mix recipe. Prepare as directed for Chocolate Brownie Mix.

Chocolate Cherry Brownie Mix

Substitute 1 tablespoon of finely chopped dried cherries for the chopped pecans in the Chocolate Brownie Mix recipe. Prepare as directed for Chocolate Brownie Mix. (Optional: Let batter stand 5 minutes before cooking to partially rehydrate fruit if desired.)



Chocolate Chip Cookie Mix

3 tablespoons flour
3 tablespoons semi-sweet chocolate chips
1-1/2 tablespoons brown sugar, packed
1 tablespoon granulated sugar
1 tablespoon finely chopped pecans
1 teaspoon egg white powder
1/4 teaspoon vanilla powder (optional)
1/8 teaspoon baking soda
Dash of salt

Blend ingredients together and place in a small zipper-type bag.

To prepare: Microwave 1-1/2 tablespoons butter or margarine in mug until melted (20 seconds on high power). Empty mix into mug and add 1-1/2 tablespoons water; stirring with a fork until blended. Microwave on 60% power for 2 minutes. Let stand in microwave 3 minutes. Remove and let stand until cool enough to eat.

