

Easy Microwave Desserts in a Mug For Kids



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Blue Sage Press

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Easy Microwave Desserts in a Mug for Kids

General Information

Important—Don't Skip This Part!!

Quick and easy microwave desserts in a mug 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, you can make your 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 butter or margarine and/or water; and in five minutes or less, you have a tasty dessert or breakfast pastry in a mug.

You can mix them up in a jiffy any time you want a sweet treat. Or you can make them ahead of time and store them in small plastic zipper-type bags to use later or give as fun, inexpensive gifts for friends, family or teachers.

You'll want to try them all!

Mixing

This booklet includes mix recipes for 40 tasty desserts and breakfast treats—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 utensil 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, 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® or Promise®, which comes in easy-to-measure sticks. 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. If the toothpick comes out clean, your cake is done.

<p>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.</p>

Special Ingredients

To make them easier to prepare, the dessert mixes that call for 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. You can also use meringue powder which is sold in the craft department on the cake decorating aisle at most discount stores or in craft stores.

Packaging

If you are 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 1/4 to 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 use, they will be a welcome treat.

Store your dry mixes in small zipper-type bags if you plan to give them as gifts or make them ahead of time for later use.



Dessert Mixes



Coconut Pecan Blondie Mix

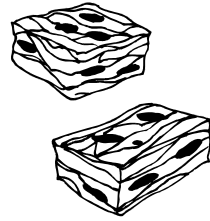
1/4 cup flour
1/4 cup brown sugar, firmly packed
1-1/2 tablespoons sweetened flaked coconut, firmly packed
1 tablespoon finely chopped pecans
1 teaspoon egg white powder
1/8 teaspoon baking powder
Dash of salt

Blend ingredients together and place in a small zipper-type bag if giving as a gift or using at a later date.

To prepare: Microwave 1-1/2 tablespoons butter or margarine in mug until melted (about 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 the microwave 2 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
1/8 teaspoon baking powder
Dash of salt



Blend ingredients together and place in a small zipper-type bag if giving as a gift or using at a later date. 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 2 minutes. Remove from oven and let stand until cool enough to eat.

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.)