

ARE YOU ABOUT THAT  
*mug life?*



**COOKBOOK**



# 1. Apple Cinnamon in a Mug

## Ingredients

1 Large Apple (preferably Granny Smith), chopped into bite-size pieces

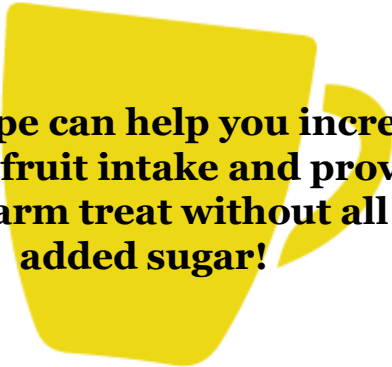
1 Tbsp. Butter

Cinnamon & Sugar to taste

Toppings: Granola, Ice Cream, Dark Chocolate Chips, Honey, whatever you like!

## Directions

Place Chopped Apple pieces into microwaveable mug. Top with butter. Add cinnamon and sugar – try about ½ tbsp of sugar & ½ tbsp of cinnamon. Microwave for 2 minutes. Stir and add toppings of choice. Enjoy!



**This recipe can help you increase  
your daily fruit intake and provide a  
sweet, warm treat without all the  
added sugar!**

## 2. Breakfast in a Mug

### Ingredients

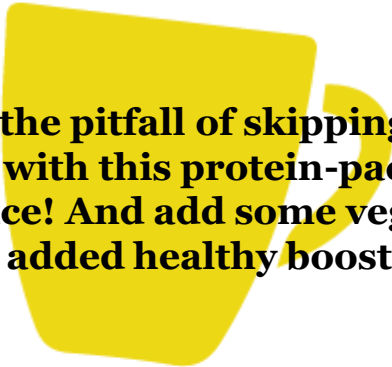
2 Eggs

1 tbsp of water

Fillings: Diced Bell Pepper, Diced Onions, Bacon Crumbles, Diced Ham, Shredded Cheddar Cheese, Spinach, Feta Crumbles, Black Beans, Fresh Herbs, everything but the kitchen sink!

### Directions

Crack eggs into a microwaveable mug. Add water and stir well with a fork. Add your choice of fillings. Microwave for 1-2 minutes (until eggs are thoroughly cooked). Enjoy!



**Avoid the pitfall of skipping  
breakfast with this protein-packed  
quick choice! And add some veggies  
for an added healthy boost!**



### 3. Rigatoni Marinara with Cheese in a Mug

#### Ingredients

¼ pound precooked Rigatoni noodles (may need more or less depending on size of rigatoni noodle and diameter of mug)

1 cup Marinara Sauce

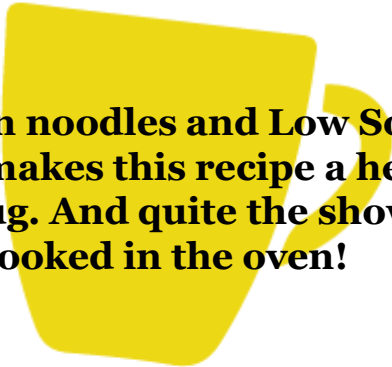
1-2 tbsp Shredded Mozzarella Cheese

Fresh Basil and Grated Parmesan to Taste

#### Directions

**Microwave:** Place a spoonful of marinara sauce into the bottom of microwavable mug. Add in precooked rigatoni. Cover noodles with generous portion of marinara. Sprinkle with 1 tbsp mozzarella, basil, and parmesan cheese if preferred. Microwave 1-2 minutes. Enjoy!

**Oven:** Place spoonful of marinara sauce into the bottom of oven-safe mug. Sprinkle in 1 tbsp mozzarella, basil and a pinch of parmesan cheese. Layer on top of cheese 1-2 more spoonfuls of marinara, covering cheese. Add in rigatoni on top of marinara, standing them upright in a circular motion until the center is reached. Top with marinara, and pat down with back of spoon so that some sauce falls into noodles. Top with remaining mozzarella cheese. Bake for 20 minutes at 400 degrees. Immediately after bringing mug out of oven, place a plate on top and flip the pasta out of the mug and onto plate. Garnish with basil and enjoy this stunning presentation from a mug!



**Whole grain noodles and Low Sodium  
marinara makes this recipe a healthy  
meal in a mug. And quite the show piece  
if cooked in the oven!**

## 4. Mug Macaroni and Cheese

### Ingredients

1 cup Elbow Macaroni (dry, uncooked) *if using jumbo elbow macaroni noodles you will need to increase cooking time*

1 cup Water

1 cup Shredded Cheddar Cheese (finely shredded cheese will melt smoother)


Try adding ½ ripe Avocado (mashed into chunks)

### Directions

Add water and macaroni to an oversized, microwave safe mug or bowl (one that can hold 20 ounces or more). Place the mug on a microwave safe plate to catch any overflow of water. Microwave 1 minute and then stir to prevent noodles from sticking. Microwave an additional minute and stir again. Microwave for one more minute (yes, the third time) and stir again. You may need additional 30 seconds or so for all the water to be absorbed by the noodles depending on your microwave. Pour out any extra water, but use caution as it is very hot.

Immediately stir in cheese until melted. Add in mashed avocado if you like. Add a pinch of salt and pepper. Enjoy!





**Drop that prepackaged bowl of Sodium  
and try this made from scratch  
macaroni and cheese recipe that is  
super easy and sure to please!**

## 5. **Black Bean Soup**

### **Ingredients**

½ can black beans (undrained, roughly 6 oz.)

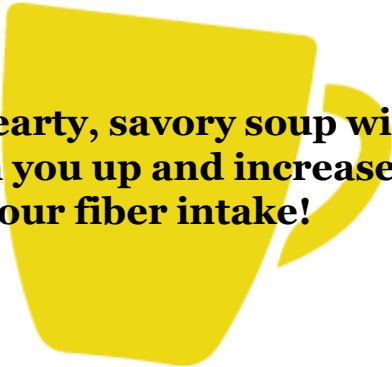
½ tsp of chili powder

¼ cup of chicken broth, vegetable broth or water (2 oz.)

½ cup of tomato sauce (4 oz.)

### **Directions**

Directions: Start with black beans and add ingredients to the mug in order. Stir well. Microwave for 2 minutes. Enjoy!



**This hearty, savory soup will  
warm you up and increase  
your fiber intake!**