



## Micromeals Recipe: Mug Omelets



kale, spinach, etc)

### Ingredients:

- 2 eggs
- 1 tbs of milk
- 1 ounce of cheese (Cheddar, Feta, Goat cheese, Ricotta, Cottage, American, etc)
  - 1 ounce of meat (anything cooked or smoked: Bacon, Sausage, Ham, Pepperoni, Salami, Lunch meat, Chicken, steak, etc)
  - 1 ounce of vegetables (finely diced onions, bell peppers, mushrooms, tomatoes, zucchini,

### Instructions:

1. Spray the inside of a mug with cooking spray
2. If using vegetables, place desired amount in the mug
3. Microwave for 1 minute
4. Add eggs and milk. Do not stir.
5. Microwave for 1 minute
6. Add meat and cheese and stir everything together
7. Microwave for an additional 30 seconds. Remove from the microwave before it is quite "set" as it will continue to cook in the hot mug.
8. Enjoy





## Micromeals Recipe: Rice Krispie Treat Mug



### Ingredients:

- 1/2 tablespoon of butter
- 1 cup Rice Krispie cereal  
(Alternatively you could use: Cheerios, Chex, Cocoa Pebbles, Fruity Pebbles, Crispix, Honey Bunches of Oats, or Golden Grahams)
- 1 1/4 cup mini marshmallows or 9 large ones
- Optional: Mini M&M's, chocolate chips, peanut butter (1 tbs), butterscotch chips, cinnamon chips, dehydrated fruit, cinnamon, salt

### Instructions:

1. Spray a mug with cooking spray.
2. Add butter and marshmallows to the mug.
3. Microwave for 30 seconds or until butter is melted.
4. Mix butter and marshmallows.
5. Slowly add Rice Krispie to marshmallow mixture while mixing.
6. If you so choose, add optional ingredients.
7. Enjoy





## Micromeals Recipe: Mac 'N Cheese Mug



### Ingredients:

- 1/3 cup of small pasta
- 3/4 cups of cold water
- 4 tbsp of milk
- 1/4 tsp of cornstarch or cornflour
- 4 tbsp of shredded cheese
- A pinch of salt (optional)
- A pinch of pepper (optional)

### Instructions:

1. In a large microwaveable mug or small bowl, add water and pasta.
2. Microwave for 3.5 to 4 or until pasta is soft
3. Drain water.
4. Add cheese, milk, cornstarch, salt, pepper, and vegetables. Mix well.
5. Microwave for 1 minute
6. Enjoy!

