

# MEALS IN A MUG

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If you're a broke university student or a person too lazy to properly cook (like me) but still crave good food, I've got a treat for you.

There are a few things you need to know first. Firstly, every microwave is like a snowflake — unique. The time that works for me might not work for you so always adjust accordingly. Add 10-20 seconds if anything isn't fully cooked by the time given. All these recipes require you to microwave on high.

You need a big microwaveable mug for all of the recipes unless specified otherwise. Things might overflow if it isn't tall enough, and if you're lazy enough to cook things only in mugs, you surely won't like cleaning the microwave over and over.

You also need measuring cups and spoons because correct measurement is key to perfect dishes, most of the time. Now, let's begin.

## BREAKFAST

### Omelette-scrambled Eggs

Ingredients:

2 eggs  
1 tablespoon water  
Salt, to taste  
Black pepper, to taste



### Topping of your choice

Crack both eggs into the mug and add water. Stir well with a fork and season with salt and pepper. Next, you can add cheese, chicken sausage, green peppers - anything really. Microwave for 2-3 minutes until the eggs are cooked through. The end result will be an extremely fluffy omelette-scrambled egg hybrid that tastes better than the originals.

### French Toast

Ingredients:

2 slices of white bread

1 egg  
1 tablespoon unsalted butter

1/4 teaspoon cinnamon powder

1/4 teaspoon vanilla extract

Melt the butter in the mug by heating it for 30 seconds. Roll the butter around to coat the inside. Crack the egg into the mug and whisk with a fork. Sprinkle on the cinnamon powder and pour in the vanilla extract, then stir again, making sure everything is mixed well. Tear the bread into bite-size pieces and push them down into the mixture. Wait a minute for the bread to soak up the egg. Microwave for 30 seconds at a time until the egg is cooked through. It should take 90 seconds in total. What you end up with is a slightly sweet breakfast option that is easy and filling.



## LUNCH/DINNER

### Pizza

Ingredients:

4 tablespoons flour  
1/8 teaspoon baking powder  
1/16 teaspoon baking soda  
1/16 teaspoon salt  
3 tablespoons milk  
1 tablespoon olive oil  
1 tablespoon marinara or plain tomato sauce  
1 tablespoon shredded mozzarella cheese  
Mini pepperoni/shredded salami  
1/2 teaspoon dried herbs like oregano or basil  
You need to use a wider, shorter mug (or a cup) for this or else you'll end up having a lot of dough with no topping. Add the flour, baking powder, baking soda and salt into the mug and mix well. Use very little salt because the other ingredients make the pizza quite salty. The measurements seem a bit ridiculous so for 1/16 teaspoon, use a pinch of the ingredient; for 1/8th, use double the pinch. Pour in the milk and oil - mix well. Spoon on the marinara sauce onto the surface of the dough. I used plain tomato sauce because I'm a normie - tasted great anyway. Sprinkle on the cheese, pepperoni/salami, and herbs and microwave for 1 minute and 40 seconds. You should now have a pizza in a mug that tastes almost as good.

### Mac and Cheese

Ingredients:

1/3 cup pasta  
1/4 cup water



2 tablespoons milk

3/4 cup shredded cheddar/mozzarella cheese

Salt, to taste

Black pepper, to taste

This recipe is a bit tricky to get right. Without adding the salt, the pasta will not cook through so don't forget it. First, add the pasta, water, and salt in the mug. Microwave for 2 minutes, then stir. Stirring is key because you need to separate out the shells, unless you prefer a clump of pasta. Repeat this for 2-4 more minutes, stirring at 2-minute intervals. Water will overflow but that's alright. If the water dries out and the pasta is still undercooked, add 4 teaspoons of water and repeat the 2-minute method. Remember, the pasta will not double in size when done this way. Once you're happy with your pasta, stir in the milk and cheese, add pepper generously, and microwave for another minute.

## DESSERT

### Lemon Cake

Ingredients:

3 tablespoons flour  
1/4 teaspoon baking powder  
1 egg  
3 tablespoons sugar  
2 tablespoons vegetable oil  
1 teaspoon lemon zest



2 teaspoons lemon juice

Take a small bowl and mix the dry ingredients in it. Use a fork to beat in the egg, oil, lemon zest and lemon juice. You can use soybean or sunflower oil instead of vegetable oil. You might need to grate two lemons to get enough zest, but don't add in any less than one teaspoon because then the cake will smell of egg. Pour in the mixture and microwave for 90 seconds. The cake tastes light and fresh, perfect for even a late night snack.

### Chocolate Brownie

Ingredients:

1/4 cup sugar  
1/4 cup flour  
2 tablespoons cocoa powder  
2 tablespoons olive oil  
3 tablespoons water  
Pinch of salt

First, add all the dry ingredients and mix. Pour in the oil and water and mix until it reaches a smooth consistency. Microwave for 1 minute 40 seconds flat. Eat with ice cream or syrup or just plain - tastes amazing no matter what.

Mayabee Arannya is a confused soul still searching for a purpose. Give her advice on life at [facebook.com/mayabee.arannya](http://facebook.com/mayabee.arannya)