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# Mug It!: Easy & Delicious Meals For One



## Synopsis

Dinner for one can be a lonely, tasteless prospect. But when dinner (or lunch, breakfast, or a snack, for that matter) is made in a mug, it suddenly becomes a whole lot more fun. From blueberry muffins and quiches to mac & cheese and chocolate peanut butter cake, Mug It contains simple, delicious, recipes for every taste and craving. Easy-to-follow recipes and four-color photographs make Mug It the perfect cookbook for nearly anyone who has a mug, a microwave, and an appetite.

## Book Information

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## Customer Reviews

**Quick Overview** Are you home (or on the road) alone? Are you tired of Fast Food, microwave noodles or sandwiches for all your meals? Lord knows I was sick and tired of junk food while living as a bachelor in Libya, while my wife stayed in Cairo. At the time, fast food wasn't even really an option. It was tuna, chips, cheese and juice or long-life milk for most every meal --- I gained fifty pounds in a year and friends assumed I was eating good. Hah. I actually could have put the contents of this book to work for me in Tripoli, and been far healthier today. Instead I have Diabetes Type 2 and bouncing between 270 and 300. Yes, that intro is a long way of leading into this, ALMOST spectacular cookbook. There are a number of tantalizing meal combinations displayed that certainly

would help satisfy one's palate while not overwhelming their body's ability battle against deteriorating health. Read on to learn what I loved and what I did not love about this meal preparation guidebook | Length: Print, 96 pages. Q - Target Audience/Genre and is it marketed as Nonfiction or Fiction: A - " This is a nonfiction guide to help single people eat healthy in a convenient manner. Q - How was this book obtained? A - " Bought on . Q - Are there a lot of typos/misspellings, grammatical errors or other editing failures? A - " No. Q - Is this a fast, easy read or is it more of a leisure read? A - " It's not really a book to read. Rather, it is a cookbook. Q - What sort of language does this writer use to amplify the points made? A - " Plain English. Q - " What age group is this suitable for? A - " All ages above 10 or 12 years. Q - My biggest pleasure or disappointment?

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Cheap and Delicious Box Set: 31 Fast Freezer Meal Recipes For Money Saving and 33 Easy to Follow Steps For Canning, Freezing, Dehydrating your Favourite ... Delicious, cheap meals, Make Ahead Meals) Mug Meals: Delicious Microwave Recipes Pressure Cooker Meals: 30 Quick, Easy and Delicious One Pot Meals For Your Pressure Cooker That You're Family Will Love (The Essential Kitchen Series Book 17) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners)

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