

Goopy Nutella

- 1 egg
- 4 tablespoons self-rising flour
- 4 tablespoons sugar
- 3 tablespoons Nutella
- 3 tablespoons vegetable oil
- 4 tablespoons cocoa powder
- 3 tablespoons milk

In the microwave safe mug, break the egg and mix it with a fork. Add the sugar, oil, cocoa powder, milk, Nutella to the egg and mix well. Next add the flour and mix until combined. Cook in microwave for about 2 minutes until the edges become fudgy. Remove from microwave and allow it to cool down. Enjoy the instant Nutella cake with some whipped cream or chocolate sauce or ice-cream

Cinnamon Apples (no egg or flour)

- 1 Apple, cut in cubes (remove the core first)
- 1 tablespoon butter, softened
- 4 tablespoons sugar
- 2 teaspoons cinnamon

Layer the apple cubes in a coffee mug. Mix the butter, sugar and cinnamon and pour over the apple cubes
Place mug in microwave for 2 minutes on HIGH.
Remove from microwave and let cool for a few minutes! Enjoy!

Pizza

- 3 tablespoons self-rising flour
- 1 egg
- 1 tablespoons vegetable oil
- 1 tablespoons tomato paste
- 1 tablespoons black olives (or salami if you prefer)
- 1 tablespoons mozzarella or other cheese (20 g)
- basil, oregano

In the microwave safe mug, break the egg and mix it with a fork. Add the oil, tomato paste, olives (or salami) mozzarella and herbs and mix well. Next add the flour and mix until combined. You may have to add a bit water. Cook in microwave for about 1.5 minutes – you can test if its cooked by using a wooden toothpick and sticking it into the middle of the pizza – if it comes out clean, its alright. If dough still sticks to the toothpick, add a 30 sec boost (and repeat if required).

Banana Toast (no egg or flour)

- 1 slice toast, cut in cubes (use scissors)
- 1 egg
- 4 tablespoons milk/ cream
- 1 teaspoon butter, softened
- 1 teaspoons cinnamon
- 1 teaspoon vanilla
- 1/2 banana, sliced (can be substituted with e.g. blueberries/ apples/ etc)
- maple syrup

Layer half the bread cubes in to a coffee mug. Top with 1/2 of the banana slices. Layer with the remaining bread cubes and top it of with the rest of the banana.
In a small bowl whisk the egg, butter, milk, cinnamon and vanilla together. Pour over the top of bananas and bread. Place mug in microwave for 2 minutes on HIGH.
Remove from microwave and top with syrup. Be careful, it will be hot!

Muffin

2 tablespoons butter, softened
1 tablespoons vanilla extract
1 tablespoons milk
1 egg
3 tablespoons light brown sugar (and cinnamon if you like)
4 tablespoons self-raising flour
3-4 tablespoons fresh blueberries (also works with cherries, raspberries etc)

Add the butter, vanilla, milk and egg and beat with a fork until mixed.
Add the sugar and flour and beat until smooth.
Gently fold half the blueberries in and cook for 30 seconds.
Remove from the microwave, top with the remaining blueberries and cook for a further 1 minute 10 seconds to 1 minute 50 seconds, depending on your microwave power.
Remove from the microwave and allow to cool for around 10-15 minutes before serving. Best served warm. (And with cream!)

Hearty Breakfast

1 egg
1 1/2 tablespoons milk
Salt
Ground black pepper
1/4 of a bagel (or similar amount of French bread, etc.)
2 teaspoons cream cheese
1/2 slice prosciutto or ham
Fresh thyme leaves or fresh chopped chives
Dijon mustard

Mix the egg and milk together with a fork in a mug, adding salt and pepper if you choose to. Then tear bread into small pieces and stir it in. Add cream cheese and stir that in. Then tear or cut prosciutto into small pieces and add it to the mug. Sprinkle with the thyme and microwave on high for about 1 minute and 10 seconds. Add mustard and fresh thyme or chives if you like.

Granola (no milk, egg or flour)

1 tablespoon maple syrup (honey or agave)
2 teaspoons water
2 teaspoons vegetable oil
4 1/2 tablespoons rolled oats
1 tablespoon desiccated coconut/ raisins or other dried fruit
1 tablespoon pecans, chopped (other nuts also work)

Mix the maple syrup, water, oil, oats and nuts until blended.
Microwave for 1 minutes 30 seconds and stir, making sure to stir up any syrup on the bottom of the mug.
Microwave in short bursts if required until oats are golden brown. You will see them getting golden in colour and starting to toast up. Be careful it doesn't get too hot as it can burn.
Let it stand for 2 to 3 minutes to cool before eating. Extra yummy with greek yoghurt and fresh fruit.

The easy one (no flour)

1 egg
2 tablespoons sugar
3 teaspoon peanut butter

In the microwave safe mug, break the egg and mix it with a fork. Add the sugar and peanut butter and mix well.

Cook in microwave for about 2 minutes until the edges become fudgy. Remove from microwave and allow it to cool.

This really is the easiest cake!