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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 'n 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.

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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. Insteadâ |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 oneâ™s palate while not overwhelming their bodyâ™s ability battle against deteriorating health. Read on to learn what I loved and what I did not love about this meal preparation guidebookâ|Length: Print, 96 pages.Q - Target Audience/Genre and is it marketed as Nonfiction or Fiction:A â“ This is a nonfiction guide to help single people eat healthy in a convenient manner.Q - How was this book obtained?A â“ Bought on .Q - Are there a lot of typos/misspellings, grammatical errors or other editing failures?A â“ No.Q - Is this a fast, easy read or is it more of a leisure read?A â“ Itâ™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 â“ Plain English.Q â“ What age group is this suitable for?A â“ All ages above 10 or 12 years.Q - My biggest pleasure or disappointment?

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