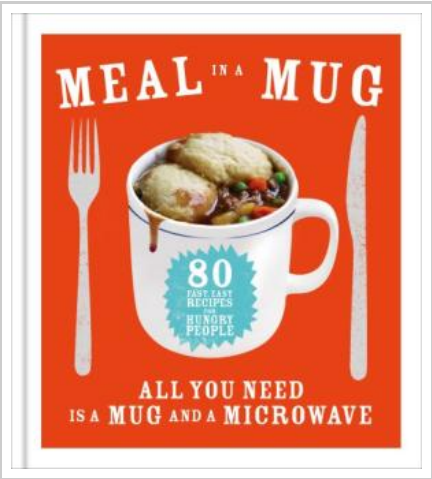


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Meal in a Mug: 80 Fast, Easy Recipes for Hungry People - All You Need is a Mug and a Microwave

By Denise Smart

Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Meal in a Mug: 80 Fast, Easy Recipes for Hungry People - All You Need is a Mug and a Microwave, Denise Smart, Porridge, eggs, stews, risottos, pasta, curry, soup, salad, snacks, brownies, cakes and bread - what ever you fancy, it can be made in minutes with a mug and a microwave. Even Christmas pudding. If you like eating delicious food but can't cook/won't cook/don't have any time to cook, then this is the book for you. All you need is a large mug and a microwave, a handful of ingredients and a spoon. Forget retro microwaving of the 90s, these are bang-up-to-date, imaginative recipes for busy people. Every meal time is covered with 80 recipes, so whether you're a student on a budget, stuck at the office and starving, or just can't be bothered to dirty a saucepan and preheat the oven, you'll find an idea to satisfy every hungry moment and all your flavour cravings.

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