

Crystalwave Soup Mug Recipes:

English Muffin Egg Cheese Slice

Optional: Bacon, Ham or Sausage (cooked)

Place on half of muffin in bottom of CrystalWave Soup Mug, break egg over muffin and break yolk. Top with meat and cheese and other half of muffin. Seal and vent. Microwave on high 1 ½ - 2 minutes.

Individual Mini Cake

Cake Mix- mix according to box directions. Substitute applesauce for oil.

Pour 2/3 cup batter into mug. Microwave on 70% power for 2 – 2 ½ mins. Repeat until batter is gone. (Jiffy makes 5-6, Betty Crocker 6-8, Pillsbury 5-7) Frosting as desired after cooled.

Giant Muffin

2 tbsp quick oats
1/3 cup Flour
2 tsp sugar
1/2 tsp baking powder
1/8 tsp cinnamon
Dash of salt

Mix together and add:

1 beaten egg
2 tbsp warm water
1 tbsp cooking oil
1 tbsp milk
2 tbsp raisins
2 tbsp chopped. walnuts

Mix together and top with:

2 tsp flour
1 tsp brown sugar
1 tsp butter/margerine
2 tbsp chopped. walnuts

Microwave 70% power for 2 1/2 mins. Test doneness w/ toothpick. Let stand 5 mins, serve warm.