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 â ˆn cheeseÂ 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 OverviewAre 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 wasnâ ™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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