



LASAGNA IN A MUG



Ingredients

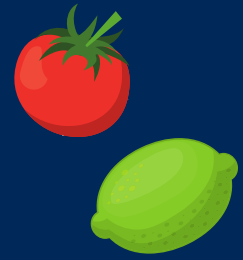
- 2 lasagna sheets (or any other type of pasta)
- $\frac{3}{4}$ cup water
- 1 teaspoon olive oil
- 3 tablespoons pasta sauce/marinara
- Handful of spinach
- 4 tablespoons ricotta cheese
- 3 tablespoons cooked sausage (optional)
- 1 tablespoon grated cheese (mozzarella, provolone, etc)

Cooking Instructions

- Break pasta sheets and place in mug. Cover with water & olive oil.
- Microwave 3-4 minutes.
- Drain water and remove pasta from mug.
- Add one tablespoon of pasta sauce to bottom of empty mug, followed by a layer of pasta, spinach, sausage, and cheese.
- Repeat and sprinkle any remaining cheese on top. Microwave for 2-3 minutes. Let cool & enjoy!



5 MINUTE BURRITO BOWL



Ingredients

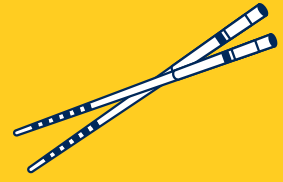
- 1 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed
- 2-3 tablespoons salsa, or to taste
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar or Mexican-blend cheese
- Toppings: Diced avocado, diced tomato, guacamole, pico de gallo, spinach, lime, etc.

Cooking Instructions

- Prepare brown rice according to package instructions.
- In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds, or until heated through.
- Top with diced avocado, diced tomato, guacamole, pico de gallo, or other desired toppings.



FRIED RICE IN A MUG



Ingredients

- 1 cup cooked rice
- 4 tablespoons of veggies: peas, peppers, shredded carrots, chopped broccoli, mushrooms and/or cabbage
- Pinch of mung bean sprouts (optional)
- 1 tablespoon green onions
- 1 large egg
- 1 tablespoon low-sodium soy sauce
- 1/2 teaspoon oil
- Powdered ginger to taste (optional)

Preparation

- Place the rice into a large mug. Lay the peas, red pepper, green onion, mung bean sprouts and cabbage on top.
- Cover the mug with cling film. Using a knife, puncture one or two small holes through the film. This step is important! Microwave for 75 seconds.
- In the meantime, beat the egg and mix in soy sauce, oil, and ginger. Pour the egg mixture into the mug, and stir with the vegetables and rice.
- Cover the mug with cling film again, and microwave for 75-90 seconds. Take the mug out of the microwave, and give everything a good stir. Let the rice stand for a minute to finish cooking. Use a fork to fluff up the rice and serve.



STUFFED BELL PEPPERS

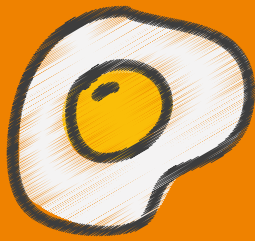


Ingredients

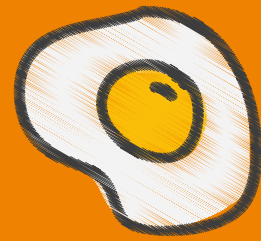
- Pre-cooked, seasoned chicken strips
- 1 medium bell pepper
- 1/4 cup shredded reduced-fat cheddar or mozzarella
- Other add-ins:
 - Spinach
 - Avocado
 - Black beans
 - Salsa
 - Marinara sauce
 - Rice/quinoa

Cooking Instructions

- Slice a bell pepper in half and carve out the inside.
- Place the halves in small microwave-safe bowls and add a few tablespoons of water to the bowl to help the bell pepper soften while it cooks.
- Next, stuff the bell pepper halves with chicken and microwave for 3.5 minutes.
- Add the cheese on top & microwave again for another minute.



QUICHE IN A MUG



Ingredients

- 1/2 cup chopped frozen spinach, thawed and drained (or 1/2 cup packed fresh spinach)
- 2 eggs
- 2 tbsp milk (optional)
- 1/4 cup shredded cheese of choice
- 2 tbsp bacon or sausage crumbles (optional)
- Salt and pepper, to taste
- Cooking spray/butter/oil for mug
- Other add-in ideas: Tomatoes, beans, mushrooms, zucchini, onion

Cooking Instructions

- Coat mug with cooking spray or butter/oil.
- Crack the eggs into the mug and scramble.
- Add in all other ingredients and mix thoroughly. See note below on adding spinach and other veggies.
- Cover mug with a damp paper towel and microwave on high for 3 minutes, checking the eggs every minute or so. Enjoy in the mug or put it on a plate!

*If using frozen spinach, make sure it is completely thawed and drained before adding it to the mug. If using fresh, just tear up the leaves before adding to the mug.

**If adding any other veggies, you may want to soften them first by steaming in the microwave with a small amount of water.



BREAKFAST OATMEAL COOKIE



Ingredients

- ½ medium banana
- 1 ½ tablespoons nut butter
- 1 teaspoon honey (optional)
- 1 tablespoon milk
- 4 tablespoons rolled oats
- 1 tablespoon raisins, seeds or nuts

Cooking Instructions

- In a microwave-safe mug, mash up the banana.
- Stir in the nut butter, milk and honey, and mix well together.
- Add in the oats and raisins and stir until combined.
- Microwave for 45 seconds - 1 minute or until firm to the touch on top (cook time is based on a 1200 watt microwave so your timing may vary).



OVERNIGHT OATS



Ingredients

- 1/2 cup rolled oats
- 2 Tbsp. peanut butter or other nut butter
- 2 tbsp. chia seeds
- 1-2 tsp. honey or pure maple syrup
- 1/2 cup unsweetened milk of choice
- 1 banana, sliced
- Optional add-ins:
 - 1 tbsp cocoa powder
 - 1 tbsp flaxseed meal
 - 1/4 cup fresh or frozen fruit of choice

Preparation

- Mix up all ingredients in a mason jar or storage container. Consistency should be thick but should slowly fall off of a spoon.
- Cover and let sit in the fridge overnight. Add extra milk before eating if desired.

Note: If using a thicker peanut butter, mix with the milk first to thin it out, then add in the oats. Cocoa powder can also be tricky to mix in once the oats are added.



CHIA SEED PUDDING



Ingredients

- 6 Tablespoons chia seeds
- 2 cups unsweetened milk of choice
- 1/2 teaspoon vanilla extract
- 1 Tablespoon maple syrup, honey or sweetener of choice (optional)
- 1 Tablespoon of pure cocoa powder
- Fruit for topping, like banana or strawberries

Preparation

- In a bowl or mason jar, mix together chia seeds, milk, cocoa powder, maple syrup and vanilla.
- Once the chia pudding mixture is well combined, let it sit for 5 minutes. Give it another stir/shake to break up any clumps of chia seeds, cover and put in the fridge to “set-up” for 1-2 hours.
- You can also prep your pudding the night before and let it sit in the fridge overnight. Top with fruit and enjoy!