Microwave Magic

Cooking Healthy, Eating Well

Ingredients:
Individual mug muffins:
✓ ¼ cup flour
✓ 1 Tbs. brown sugar
✓ ⅛ tsp. baking powder
✓ 1/8 tsp. salt
✓ Pinch of cinnamon
✓ ⅛ Tbs. melted butter
✓ 3 Tbs. milk
✓ 2 Tbs. blueberries

Oatmeal and eggs for 3 people:
✓ 1 ½ cup dry oatmeal
✓ 1 ½ cup water (or more)
✓ 3 eggs
✓ 3 Tbs. milk

Procedures:
Eggs
1. Add eggs and milk to a bowl and whisk with a fork
2. Microwave on high for 90 sec. and then stir well
3. Microwave on high for another 60 sec.
4. If eggs are still runny you can cook 15 sec. – 30 sec. longer
5. Stir and serve

Oatmeal
1. Add oatmeal to bowl and cover with water until there is about 1-2 cm water on top
2. Microwave for about 3 min., stir, and serve

Muffins
1. Add flour, brown sugar, baking powder, salt, and cinnamon to a mug and stir
2. Then add melted butter, milk, and blueberries and stir
3. Microwave on high for 90 sec.
4. Let cool and then serve