

2 Minute Omelette in a Mug

Prep Time: 3 m | Total Time: 4 m

INGREDIENTS

- 2 to 3 eggs
- 1 Tbsp of meat, diced
- 1 Tbsp of salsa
- 1 Tbsp shredded cheese
- Olive oil or cooking spray
- Salt and pepper
- Mug

DIRECTIONS

1. Coat your mug with olive oil or cooking spray.
2. Add eggs to mug and whisk together with a fork.
3. Add diced meat, salsa, cheese, salt and pepper.
4. Whisk till all ingredients are completely mixed together.
5. Microwave on high for one minute. Stir and break up any large chunks of egg.
6. Cook for another 45 to 60 seconds or until eggs are set.
7. Top with a bit more cheese, salt and pepper.



[via [Scattered Thoughts of a Crafty Mom](#)]

Healthy 1-Minute Blueberry Muffin

Prep Time: 3 m | Total Time: 4 m

INGREDIENTS

- 1 T coconut flour
- 1 T almond flour
- 1 T oat flour (omit for paleo version)*
- 2 T granulated sweetener of choice (adjust to taste)
- 1/2 tsp baking powder
- Pinch cinnamon
- 1 large egg (can sub for 1 large egg white or 1 flax egg)
- 1 T mashed banana/pumpkin/mashed starch (can sub for 1 T coconut oil OR ghee)
- 1 T + dairy free milk of choice**
- 2-3 T frozen blueberries



DIRECTIONS

1. In a small mixing bowl, combine the flours, sweetener, cinnamon and baking powder in mix well.
2. Add in your egg, mashed banana, dairy free milk and mix until fully incorporated.
3. Fold in the blueberries and ensure there are a few remaining at the top.
4. Microwave for 50 seconds (or up to 2 minutes, depending on your microwave) and remove. Enjoy immediately.

[via [The Big Man's World](#)]

Honey Almond Oatmeal Mug Cake

Prep Time: 5 m | Total Time: 7 m

INGREDIENTS

- 1 Tbsp (7 g) coconut flour
- 1 Tbsp (7 g) almond flour
- 2 Tbsp (10 g) quick oats
- 1/4 tsp baking powder
- 2 Tbsp (30 ml) unsweetened almond milk
- 1 large egg white
- 1 Tbsp (20 g) honey
- 1/2 Tbsp (8 g) almond butter



DIRECTIONS

1. Add the coconut flour, almond flour, oats, and baking powder to a microwave-safe mug or bowl, mixing until all the dry ingredients are well combined.
2. Add the milk and egg white, stirring until no clumps remain before adding in the honey and almond butter.
3. Stir the batter gently, making sure that all the ingredients are fully incorporated.
4. Microwave on high for 2½ to 3 minutes, depending on microwave strength and size of mug.*
5. Remove from microwave, top with an additional drizzle of honey, if desired, and enjoy!

[via [Running with Spoons](#)]

Sweet Potato Hash in a Mug

Prep Time: 7 m | Total Time: 11 m

INGREDIENTS

- 1 small sweet potato (around 6 oz/1 cup)
- Water, enough to cover the potatoes
- 2 peppers, chopped
- 1 tablespoon red onion, chopped
- 2 tablespoons grated cheese
- A pinch of salt and pepper
- 2 teaspoon rosemary, fresh or dried
- ¼ tablespoons (½ oz/15g) Butter



DIRECTIONS

1. Peel and chop small cubes of sweet potato (the smaller you cut the pieces the faster the potato will cook).
2. Add into a large microwave safe mug and cover totally with cold water. Use a large mug as the water might bubble up in the microwave.
3. Cook for 3-4 minutes in the microwave until it is tender. It will turn an orange color when done. (Check the potatoes halfway and stir so it doesn't get too hot and overflow)
4. Drain off the water and add in the peppers, onion, cheese, butter, rosemary, salt and pepper and mix everything well together.
5. Put back in the microwave and heat these ingredients together for another 40 seconds until hot and the cheese melts.

[via [Bigger Bolder Baking](#)]

Burrito Bowl in a Mug

Prep Time: 3 m | Total Time: 15 m

INGREDIENTS

- Mix-ins
 - ex: beans, chicken, tofu, corn, chopped spinach, peppers, cilantro, cheese, tomatoes, salsa, guacamole, lime juice, etc.
- 1/4 cup rice uncooked
- 1/2 cup water



DIRECTIONS

- Combine water and rice in a large mug.
- Microwave 1-1.5 minutes on high power, or UNTIL IT BOILS. Once it boils, let it sit for a minute.
- Let it go for another 5-6 minutes at half power.
- Once microwaved, let it sit for 5 minutes before you touch it. Fluff with a fork and add remaining burrito bowl ingredients of choice.
- Return to microwave for 1 minute to heat all of the ingredients & enjoy!

[via [Mind Over Munch](#)]