



Mug Cakes: Sweet & Savory Recipes

Cinzia Trenchi

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All you need is a mug or ramekin—and a few minutes—to cook one of these sweet and savory recipes.

Because these microwavable meals are mixed, heated, and served in that single dish, there's little prep time and practically nothing to clean. The 60 “mug cakes,” many of them vegetarian or vegan, include Tomatoes and Capers; Spiced Tofu, Rice, and Walnut; Shrimp and Zucchini; and a yummy Chocolate, Coconut, Raisin and Banana Soufflé.

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