

Muffin-In-A -Mug



1 cup Any (add water type) package Muffin Mix
¼ cup water or juice

Combine Ingredients in a Tupperware Crystalwave® Soup Mug. Microwave (w/o seal)

On high for 2 ½ to 3 minutes. Let stand 1 minute. Loosen Sides with spatula, turn over onto plate & tap to loosen. Eat warm – top with butter, cream cheese, or your favorite spread.



Egg McMug

In Tupperware's Crystalwave® soup Mug layer:

½ of an English Muffin (untoasted)
1 egg – broken & break yolk with fork
1 – 2 slices Canadian Bacon
1 slice cheese
Other ½ of English Muffin

Microwave uncovered on high for 1 & ½ minutes. (uncovered) Remove & eat!

Lunch - in - a - Mug

¾ cup instant rice
¾ cup water
¼ tsp. lemon pepper (or to taste)
1 tbs. dried, minced onions
½ cup frozen vegetables

Combine ingredients in Crystalwave® Soup Mug. Apply seal & open steam vent. Microwave for 5 minutes on high. Let stand for 1 minute. Stir & eat!

