

CrystalWave™ Soup Mug

- Large tab makes opening the seal simple and safe
- Exclusive vent design lets steam escape/keeps food splatters in
- With vent closed, seal is virtually liquid-tight
- Comfortable, stay-cool handle provides a sturdy grip
- Footed base promotes even heating



Capacity
16 ounces

- Serve a generous portion of soup, stew, hot cereal or other foods you want to reheat in this versatile, microwave-reheatable mug. Virtually airtight, liquid-tight seal takes mug from fridge to lunch box to microwave to table.
- Don't worry about spills. The steam vent closes for storage.
- When you're ready to eat, just place the container and seal with the steam vent open in microwave and reheat at 50% power. (Not covered by warranty if used at 100% power.)



Soup Mug Egg McMuffin

In Soup Mug, place one half of an English muffin. Break an egg on top of it, pierce yolk with a fork and sprinkle with salt and pepper to taste. Seal Soup Mug and vent. Microwave on High for 1 minute.

Remove from microwave, add a slice of ham or Canadian bacon and cheese, then top with the other half of the English muffin. Seal Soup Mug and vent. Microwave on High 45 seconds.

(When cooking more than one sandwich at a time, add 30 seconds to each cooking time...with two Soup Mugs - first cooking time = 90 seconds & second cooking time = 75 seconds.)

Soup Mug Cinnamon Roll

Using the Grand Cinnamon Rolls in a can, take two, place one in the Soup Mug. Cut the other roll in half, placing one half on either side of the roll in the Soup Mug. Microwave uncovered on High for 1½ minutes. Let cool.

Frost and enjoy!

Store leftover dough in a FreezeSmart Medium 1 Container in the refrigerator or freezer.

Giant Walnut Muffin

2T quick cooking oats	1 beaten egg	<u>Topping:</u>
1/3 cup flour	2T warm water	2 tsp. flour
2T sugar	1T cooking oil	1 tsp. brown sugar
1/2 tsp. baking powder	1T Milk	1T chopped walnuts
1/8 tsp. cinnamon	2 T chopped walnuts	1 tsp. butter or margarine
dash of salt	2T raisins	



Stir dry ingredients. Add wet ingredients and stir until moistened. Fold in raisins and walnuts. Pour into Soup Mug and put on mixed topping. Microwave uncovered at 70% power for 2½ minutes, turning every 30 seconds. Test to see if done by inserting a toothpick near the center. The toothpick should come out clean. Surface may still appear moist. Let stand 5 minutes. Remove muffin and serve with butter or honey (optional!)

Bran Muffin

6T Jiffy Bran Muffin Mix
2T water or juice
1T raisins, nuts, cranberries,
etc.

Mix in the Soup Mug.
Microwave on High
70 seconds uncovered.

Let stand
& ENJOY!