

## 3 Dorm Friendly Recipes – Microwave Cooking!

By Katherine Ricica

### Omelette

#### Ingredients:

2 eggs

1 tbsp shredded cheddar cheese

Up to ½ cup veggies of choice, chopped small

Examples: Bell peppers, Tomatoes, Zucchini, Spinach, or Mushrooms

#### Instructions:

1. Spray the inside of a mug with non-stick cooking spray
2. Add the eggs into the cup and whisk with a fork
3. Add your veggies and cheese to the egg mixture. Stir until combined.
4. Place the mug into the microwave and cook on high for 1-2 minutes until eggs are cooked through.
5. Enjoy!

### Fruity Baked Oats

#### Ingredients:

½ cup rolled oats

1 egg

½ cup unsweetened almond milk (or other dairy/non-dairy beverage)

1/3 medium banana, mashed

2 tbsp maple syrup (or honey)

1/3 cup berries (any berries or a mix)

Optional: 1 tbsp ground flax seed, ½ tsp ground cinnamon

#### Instructions:

1. Spray the inside of a mug with non-stick cooking spray
2. Combine all the ingredients except the fruit.
3. Stir in the fruit
4. Microwave for 2-3 minutes.
5. Stir/spread extra milk, yogurt, fruit, peanut butter or nut butter if desired

### Peanut Butter Mug Brownie

#### Ingredients:

2 tbsp all-purpose flour

1 tbsp unsweetened cocoa powder

2 tsp white sugar

¼ tsp baking powder

A pinch of salt

1 tbsp cooking oil (canola or vegetable work best)

2 tbsp milk (or non-diary substitute)

1 tbsp peanut butter

Instructions:

1. Spray the inside of a mug with non-stick cooking spray
2. In the mug, combine the dry ingredients (flour, cocoa, sugar, baking powder + salt). Ensure there are no clumps.
3. Stir in the vegetable oil and milk until the batter is smooth. Place the peanut butter into the middle of the mug and push it down into the batter.
4. Microwave on high from 1 minute – enjoy!