

## CrystalWave Soup Mug

- Large tab makes opening the seal simple & safe.
- Exclusive vent design let steam escape and keeps food splatters in.
- With vent closed, seal with virtually liquid tight.
- Comfortable stay cool handle provides a sturdy grip.
- Footed base promotes even heating.
- 16oz Capacity



## Features

- Serve a generous portion of soup, stew, hot cereal or other foods you want to reheat in this versatile, microwave re-heatable mug. Virtually air-tight, 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 are ready to eat, just place the container and seal with steam vent open into the microwave and reheat at 50-75% power. (NOT COVERED BY WARRANTY IF USED AT 100% POWER)

## Giant Walnut Muffin

2T quick cooking oats	1 beaten egg	Topping:
1/3 cup flour	2T warm water	2tsp flour
2T sugar	1T cooking oil	1tsp brown sugar
1/2 tsp baking powder	1T milk	1T chopped walnuts
1/8 tsp cinnamon	2T chopped walnuts	1tsp butter
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 and honey (optional!)

## 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 & 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 English muffin. Seal Soup Mug and vent. Microwave on High for 45 seconds.

If cooking more than one sandwich at a time, add 30 seconds to each cooking time for each additional mug.

## Soup Mug Cinnabon

Use the Grand Cinnamon Rolls in a can. Place one in the Soup Mug and take a second one and cut it in half. Place the halves on either side of the first one. Microwave uncovered on High for 1½ minutes. Let cool. Frost and enjoy!

## Bran Muffin

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

Mix in the Soup Mug. Microwave uncovered on HIGH for 70 seconds. Let stand & ENJOY!

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## Soup in a Mug

¾ cup non-fat dry milk powder	½ Tsp. dried parsley flakes
¼ cup non-dairy creamer	½ Tsp. dried summer savory
1 Tbsp. dried vegetable flakes	½ Tsp. salt
2 Tbsp. instant chicken bouillon granules	¼ onion powder
	¼ Tsp. pepper

**To serve 1:** Add ¾ cups water, and 2 Tbsp. uncooked instant rice, if desired. **To serve 2:** Add 1½ cups water, and ¼ cup uncooked instant rice, if desired.

In a small bowl combine all dry ingredients except rice. Store in airtight container no longer than 6 months.

**For one serving,** place instant rice & 3 Tbsp. dry soup mix in the Soup Mug. Stir in ¾ cup water and microwave at High 1½ to 3 minutes, or until boiling; stir. Let stand for 5 minutes, or until rice is tender.

**For two servings,** place instant rice & 1/3 cup dry soup mix in the Soup Mug. Stir in 1½ cups water and microwave at High 3 to 4 minutes, or until boiling; stir. Let stand for 5 minutes, or until rice is tender.

## Pudding in a Mug

### To serve 1:

½ cup milk  
½ square (½ oz.) semi-sweet  
baking chocolate

2 Tsp. cornstarch  
1 Tbsp. sugar  
dash salt

### To serve 2:

1 cup milk  
1 square (1 oz.) semi-sweet  
baking chocolate

1 Tbsp. plus 1 Tsp. cornstarch  
1 Tbsp. sugar  
dash salt

Place milk and chocolate in mug. Microwave at High 1 to 1½ minutes for 1 serving; 1½ to 2½ minutes for 2 servings: or until hot but not boiling. Stir to melt chocolate. Combine cornstarch, sugar and salt in small bowl. Blend into milk and chocolate. Microwave at High 30 - 45 seconds for 1 serving: 1 to 1½ minutes for 2 servings: or until mixture thickens and just begins to boil, stirring every 30 seconds. Watch closely to prevent boilover.

## Meatloaf in a Mug

½ pound lean ground beef	2 slices soft white bread, torn into small pieces
¼ cup milk	1 green onion, thinly sliced
1 Tsp. Worcestershire sauce	¼ Tsp. seasoned salt
1/8 Tsp. pepper	

Mix all ingredients thoroughly. Press into Soup Mug. Cover with wax paper. Microwave at 70% (Medium-High) 5½ - 6½ minutes, or until meat is firm, rotating mug ½ turn after half the time. Let stand 5 minutes, covered, before serving.

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### To serve 2:

1 cup milk  
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1 Tbsp. plus 1 Tsp. cornstarch  
1 Tbsp. sugar  
dash salt

Place milk and chocolate in mug. Microwave at High 1 to 1½ minutes for 1 serving; 1½ to 2½ minutes for 2 servings: or until hot but not boiling. Stir to melt chocolate. Combine cornstarch, sugar and salt in small bowl. Blend into milk and chocolate. Microwave at High 30 - 45 seconds for 1 serving: 1 to 1½ minutes for 2 servings: or until mixture thickens and just begins to boil, stirring every 30 seconds. Watch closely to prevent boilover.

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