

ANGELIKA ILIES

# MUG CAKES

Kuchengenuss in  
null Komma nichts

KÜCHENRATGEBER



**G|U**



Mit kostenloser App zum  
Sammeln Ihrer Lieblingsrezepte

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TÄSSLEIN FILL YOU!



**10 minutes and -simsalabim- already the cake is ready on the table. So fast is not even gone** through the coffee. Would that be something for you? For the flash pleasure, you only need a microwave, a coffee cup and a fork. Everything is equal whisked right in the cup and then jerk baked, twitching in the microwave.

Few ingredients have lead to the sweet or savory target: Durable such as flour, sugar, oil, eggs, spices and herbs are at home already in the kitchen and the fridge in the office, you can store these ingredients easily.

As fast as Mug Cakes are baked, they are also spooned. So the chickens have no chance to collapse or become dry. And only the rest if the first copy is not equal perfect! Once you have a feel for cups and microwave, the sweet and savory cup cakes for effortlessly. In the cups, set, go! Have fun wish you Enjoy

A handwritten signature in black ink that reads "Angela Sless". The signature is written in a cursive, flowing style. The first name "Angela" is written in a larger, more prominent script, and "Sless" is written in a slightly smaller, more compact script to its right. The signature is positioned on a light blue background.

## REFINED ANDERS

Always a tart ready? It's clear! But it should be baked themselves? With pleasure, because the trendy chicks from the cup baking in no time in the microwave!

### **SPEED IS THE KEY!**

In every respect: The "jaws" just needs more than minute, and also the preparation goes a jiffy out of hand. All the ingredients are stirred namely directly in the cup. Speed is also eating the Mug Cakes trump. The chicks **like it warm or lukewarm-so just melt you and not the delicious topping then. But a little patience you'll have to** have before you push yourself the first bite into his mouth. The chicks are very hot after baking.

### **THE MICROWAVE OVEN AS**

**The delicious cakes pick microwave devices from the shadows. No longer just defrosting and warming up-Mug Cakes are the fast wave at the center and use them as an oven. Even the cup comes in stirring the ingredients used-and he also doubles as baking pan. The waves penetrate into the cup, heat and cook the dough in no** time. Mug Cakes are baked at 600 watts. Higher wattage they do not like so much. If the surface of Cakes is **still very soft after the specified cooking time, turn the cup again 10-20 seconds into the microwave until it is** fixed. If it is only slightly damp, it does not matter, because the dough is still cooked a bit. By the way: Every Mug Cake is baked individually, just make several cups after another in the microwave.

### **CUPS & MUGS**

Coffee cups are different in size and very different shape, the materials differ. Use straight-shaped for your Mug Cakes, microwaveable cup of thick-walled earthenware or glass. Metal cup, delicate porcelain or thin glass, however, are absolutely taboo! Tender can burst open due to the heat. Also cups are unsuitable with gold rim and elaborately shaped or richly decorated cup.

The material of the cup can affect the baking time may. The best recipes work in cups with a straight edge, in the Mug Cake bakes evenly through. With each recipe a cup minimum size specified. Almost always there are 300 ml, a widespread size Henkel cups. My tip: Choose rather too much than too little mug. For example, the ingredients can easily mix and the dough does not run over the top during baking. Also important: In broader cups cooking time is slightly longer than high. and bake

They initially prefer a few seconds, so they will not be your first Mug Cakes too short than too long tough.

### **THE MIXER"**

You do not need mixing bowl still hand mixer or other kitchen accessories. With few exceptions, everything is mixed with a simple fork or a mini whisk directly in the cup.





## BASIC RECIPE SWEETHEART

25g butter

2 tablespoons sugar

¼ teaspoon ground vanilla

1 egg (M)

3 tablespoons of milk (alternatively coffee cream)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

1 tablespoon sugar heart

For 1 cup (min. 300 ml) 5 min. Preparation

Pro cup about 565 kcal, 12 g EW g 28 F 66

g KH



1 Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds..



2 The melted butter with a fork or a mini-stir whisk until smooth. Stir in sugar and vanilla, then stir in the egg.





3 The milk in the cup pour. pour in the flour and the baking powder to true.



**4** First easily mix the baking powder with the flour. Then carefully whisk together all the ingredients in the bowl with a fork until smooth.

**5** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm. Sprinkle with sugar hearts.

### **TIP**

The basic recipe can be modified as desired: To ensure instead of vanilla and cinnamon, mixed spice or finely grated organic citrus peel for great flavor. Additionally raisins, chopped nuts or brittle stirred in the dough, the cooking time by 10 extended-20 seconds.



## SMALL AMOUNT TEACHING

A fragrant Mug Cake is not like shared. The recipes are so calculated for one person. Therefore, with the ingredients each extend a few spoons. So that the cake succeed, start by measuring even the capacity of your mug with water. Most of the ingredients then come across teaspoon or tablespoon into the cup, which saves the hassle weighing.

### MEASURE WITH THE SPOON

With such small amounts of ingredients accuracy and precision are required. But not all tablespoons are equal. Try beginning the volume of your bucket with water, it should take about 10 ml. Weigh once on how many grams of flour or sugar fit on your spoon. Important: The spoon measures relate to a level tablespoon or teaspoon, otherwise double the amount quickly migrates into the cup. After some cake you have all dimensions in feeling.

### FLOUR & SUGAR

Most bright wheat flour and white table sugar come (Type 405) into the cup cakes. But you also experiment once with other flours such. B. spelled flour, or raw sugar. As a rule of per spoon while the amounts specified in the table apply.

### MILK, CREAM & CO.

Liquids are measured with a tablespoon. Regular milk, you can substitute vegetable drinks any time so that many will Mug Cakes vegan in no time.

### EGGS

**Use (for the cake in the best eggs of size M 53-63 g). By the way: If you use the whole egg, the cake goes well, but is also rapidly tough when cooled. Prepare the dough, however, only with egg yolk to, he gets a strong yellow color, does not rise so much in the air and stay longer loose and juicy.**

Flour: 1 EL = ca. 8 g

Cocoa powder: 1 EL = ca. 10 g Sugar:

1 EL = ca. 12 g of honey: 1 EL = ca. 15

g

Liquid (milk, coffee cream): 1 EL = ca. 10 ml



## FRUITY BUNT

Spotlight and the stage for the deliciously fragrant, fluffy light Mug Cakes! Supporting Actor in this chapter are wonderful fruits, oriental spices or crunchy nuts. Come closer, come and then ran: into the fun!



ROLE kamelle

Each year, collected at the carnival parade candy-and every year to remain lying in the drawer. Here the sweet "Leftovers" make it big.

7 caramels (about 35 g)

5 tablespoons of cream

½ pear

2 EL rapeseed oil

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

### caramel delicious

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 635 kcal 7 g EW

g 40 F 63 g KH

**1** give candies and cream in the cup and in the microwave at 600 watts for about 1 minute. Heat. Stir well with a fork or a mini whisk and the caramel 1-2 set aside until it is soft minute. again 30 sec. heat the cup in the microwave and stir the caramel again. Repeat this process until the candy is completely melted. Good 1 tablespoon caramel cream Remove and set aside.

**2** Peel the pears, cut into quarters and remove the core. Of a quarter a column along cut and set aside. The remaining pear cut into small cubes.

**3** Add the pear cubes with the oil in the bowl and whisk everything carefully. add the flour and the baking powder to true. First, the baking powder easily mix with the flour, then whisk to a smooth dough.

**4** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm. Removing, decorating the cake with the pear column and sprinkle with the rest of the caramel cream. enjoy the best Cake few minutes after baking or still warm.

## **TIP**

What the fudge are already eaten? Then replace candy and cream with 3 tablespoons caramel sauce from a jar. So that the cake is ready even faster.





## LADY MARMALADE

25g butter

1 egg (M)

1 tablespoon of sugar

1 pack. Bourbon vanilla sugar

3 tablespoons of milk (alternatively coffee cream)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

1 EL strawberry jam (see [≥](#) )

wonderfully mutable

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 565 kcal, 12 g

EW g 28 F 66 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. Stir in the melted butter with a fork or a mini whisk until smooth. add egg, vanilla sugar and sugar and whisk everything carefully.

**2** The milk stir. Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough. Pour the strawberry jam in the middle of the dough and easy to undergo.

**3** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. enjoy taking out and the Cake at best a few minutes after baking or still warm.

## TIP

Despite the huge offer of jams "strawberry" is still one of the national favorites. If your heart beats for a different variety, you crown the cake but that. The most beautiful of Cake looks with red jam, but also slightly sour orange marmalade fits well.



## EASY CHEESY

1 corner of cream cheese (about 50 g)

2 EL quark (20% fat; 50 g; see [≥](#) )

2 tablespoons sugar

1 egg (M)

1 tablespoon raspberry jam (alternatively other jam to taste)

Two little nipper

For 1 cup (min. 250 ml) for 10 min.

Preparation Pro cup about 410 kcal, 19 g

EW g 20 F 39 g KH

**1** Add the cheese into the bowl and melt in the microwave at 600 watts in 30 seconds.. Stir in the cheese with a fork or a mini whisk until smooth. Then stir in succession cottage cheese, sugar and egg.

**2** Place the cup in the microwave and bake the cake at 600 watts for about 1 minute.. Thereafter, let it rest 30 sec., then baked until the surface is fixed again for 1 min.. Remove and cool for a short while (be careful, the cake is very hot!).

**3** The raspberry jam to enter and enjoy the best Cake few minutes after baking or still warm.

## **TIP**

The curd must be dry for baking, otherwise the moisture settles and the finished cake is not baked through evenly. Pour so any visible liquid from or allow it to drain the curd in a colander. The short rest period when baking is important. If it is not complied with, the mass heated in the cup too much and may be able to "explode".



## OMAS FAVORITE

1 egg yolk (M)

2 EL rapeseed oil

2 tablespoons Cream

2 EL egnog

2 tablespoons sugar

1 tablespoon chopped pistachios

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

**Also:**

1 EL eggnog

1 teaspoon pistachios

Treasure from the recipe box

For 1 cup (min. 250 ml) for 10 min.

Preparation Pro cup about 640 kcal 9 g EW

g 36 F 63 g KH

**1** egg yolks, oil, cream and eggnog into the cup and whisk thoroughly with a fork or a mini whisk.

**2** Stir in sugar and pistachios. Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk everything carefully to a smooth dough.

**3** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm. drizzle removing the cake with the eggnog and sprinkle with pistachios. best enjoyed a few minutes after baking or still warm.



APPLE CRUMBLE

This Mug Cake I especially love. His juicy Apfelveig and its delicate crispy crust make it simply irresistible!

25g butter

3 EL apple sauce (ca. 50 g)

¼ teaspoon ground cinnamon

2 tablespoons brown sugar

1 egg (M)

3 tablespoons milk

**5-6 EL soluble oat flakes (melting flakes; about 20 g)**

¼ teaspoon baking powder

**For the streusel:**

1 EL polynuclear oatmeal

1 tablespoon brown sugar

¼ teaspoon ground cinnamon

*With much Crunch*

For 1 cup (min. 350 ml) for 10 min.

Preparation Pro Cup 540 kcal 10 g protein 58  
g carbohydrates 30 g fat



**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. Stir in the melted butter with a fork or a mini whisk until smooth. Applesauce, cinnamon, sugar and egg carefully stir.

**2** Add the milk, oatmeal and baking soda in the cup. Everything to a smooth dough whisk until the oatmeal is almost completely dissolved.

**3** mix for crumble oatmeal, sugar and cinnamon in a small bowl. The Flake on the dough sprinkle (alternatively flakes, sugar and cinnamon sprinkle consecutively).

**4** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. enjoy taking out and the Cake at best a few minutes after baking or still warm.

## **TIP**

Applesauce is a wonderful baking ingredient-not only for Mug Cakes. The Mus makes dough nice and juicy and even replaced with vegan Mug Cakes the yolk (see [≥](#)). When Apple Crumble However, despite applesauce 1 egg stirred into the batter. So that the cup cake is namely particularly beautiful.



## GREEN CREAM

½ small ripe avocado (about 50 g pulp)

2 tablespoons brown sugar

2 tbsp lemon juice

5 tablespoons milk

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

green Zuckerstreusel (optional)

1 egg yolk (M)

1 grated organic lime peel pinch.

### Melts in the mouth

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 395 kcal 8 g

protein, 16 g F 55 g KH

**1** The avocado pulp from the tray lift. enter with the sugar into the cup and finely crush with a fork. Stir in egg yolks, lime juice, shawls and milk. Put the flour into the bowl and then scatter in the baking soda. Mix flour and baking powder easily, then everything Whisk with a fork until smooth.

**2** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 40 sec. Bake until the surface is firm. Removing and decorate as desired with sugar.



## raver

25g butter

1 egg (M)

3 ½ EL liquid honey (approximately 50 g)

2 EL coffee cream

1 teaspoon grated organic orange peel

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

2 orange segments

### Hit for Kids

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup 600 kcal 12 g 29 g EW

F 72 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. stir until smooth with a fork or a mini whisk. Stir in egg, 3 tablespoons honey, coffee cream and orange zest. Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough.

**2** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. document removal, the cake with the orange segments and sprinkle with the rest of the honey.



## CEREAL-MUG

25g butter

2 tablespoons sugar

1 egg (M)

3 EL coconut milk (milk substitute)

2 tablespoons of flour (about 15 g)

½ teaspoon baking powder

6 EL muesli mixture (with seeds, fruits and nuts)

### On the day

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 645 kcal, 14 g

EW g 35 F 67 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. stir until smooth with a fork or a mini whisk. carefully stir in sugar, egg and coconut milk.

**2** Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough. 5 EL cereal mixture into the dough to stir scatter the remaining muesli on the dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm.



## SWEET MEXICAN

30 g dried pineapple pieces

25g butter

1 egg (M)

3 EL Agavendicksaft (alternatively maple syrup or 2 tablespoons liquid honey and 1 tablespoon milk)

5 tablespoons of flour (about 40 g)



½ teaspoon baking powder

1 tablespoon chopped almonds

½ teaspoon ground cinnamon

Beautifully aromatic

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 655 kcal, 13 g

EW g 33 F 76 g KH

**1** The pineapple cut into small cubes. Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. stir until smooth with a fork or a mini whisk. Egg and stir in agave nectar.

**2** The pineapple cubes into the dough stir. Put the flour into the cup and then loyal baking soda. Both mix easily, then whisk to a smooth dough. Sprinkle almonds and cinnamon on the dough. Place the cup in the microwave oven, the cake at 600 watts for about 1 minute. Bake until the surface is to be 30 sec..



## CARIBBEAN SUNSHINE

25g butter

2 tablespoons brown sugar

1 egg (M)

2 tablespoons lime syrup

3 EL coconut (about 15 g)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

**Also:**

2 tablespoons icing sugar

1 drop red food color

**For tropical moments**

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 690 kcal, 12 g

EW g 37 F 78 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. Stir in the melted butter with a fork or a mini whisk until smooth. Stir in sugar, egg, lime syrup and grated coconut.

**2** Put the flour into the bowl and then scatter in the baking soda. First, baking powder and flour lightly mix, then mix everything into a smooth dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 20 sec..

**3** Mix the icing sugar in a cup with food coloring and a few drops of water to a thick cast. Drizzle the cake with the cast and enjoy the best few minutes after baking or still warm.

**TIP**

A change? Instead of frosting, I may crown this Mug Cake also happy with a few spoonfuls of exotic fruit salad of pineapple, banana, kiwi and mango.



## Bananaboat

25g butter

1 pack. Bourbon vanilla sugar

½ banana

1 egg (M)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

2 tsp flaked almonds

**Also:**

1 EL decorative chocolate cream (from the tube)

Immediately makes a good mood!

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 540 kcal, 13 g

EW g 30 F 53 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. Stir in the melted butter with a fork or a mini whisk until smooth. Stir in the vanilla sugar.

**2** Peel the banana and coarsely mash the pulp. The banana mass Whisk well with the butter, but it should remain slightly lumpy. The egg release and mix everything carefully. Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mixed with the flour, then mix to a smooth dough. Sprinkle the almonds to the dough.

**3** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. Remove and the decorative cream clapboard polka dots. enjoy the best Cake few minutes after baking or still warm.

**TIP**

In the supermarket, there are more and more often the particularly aromatic mini bananas. Prepare the cake twice with 2 mini bananas-and make the taste test!



## Chocolatey DELICIOUS

Sometimes it has for me just to be a pick-me ... Then I bake a Mug Cake with a lot of chocolate in the dough. Warm and soft spooned straight from the pot turns at Double Chocolate Truffle Dream shock or my good mood and the same again.



## PEAR HELENE

1 small or large pear ½ (about 120 g)

2 EL pear juice

2 EL rapeseed oil

2 tablespoons of milk (alternatively coffee cream)

1 pinch ground cinnamon

1 egg yolk (M)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

2 EL back solid chocolate drops or pieces

**Also:**

1-2 tablespoons chocolate sauce (see [>](#))

For 1 cup (min. 300 ml) for 10 min. Preparation per cup approximately 655 kcal 7 g protein 30 g fat 66 g carbohydrates

**1** Peel the pears, remove the core and grate the pulp or cut into small cubes. The Birnenraspel or cubes give the pear juice into the cup and heat it in the microwave at 600 Watt 40 sec..

**2** Add oil, milk and cinnamon powder and everything Whisk thoroughly with a fork or a mini whisk. The yolk undergo.

**3** Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough. Finally, the chocolate chips or pieces stir.

**4** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm. Remove and cake with chocolate sauce drizzle. enjoy the best Cake few minutes after baking or still warm.





## TRUFFLE DREAM

20 g mocha chocolate (about 5 pieces)

25g butter

2 tablespoons sugar

3 EL double cream

1 egg (M)

1 EL hazelnut

1 tablespoon brown rum

1 EL back solid chocolate drops or pieces

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

**Also:**

Chocolate powder for dusting

1 truffle ball (optional)

**With nut and weft**

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 855 kcal, 14 g

EW g 38 F 78 g KH

**1** Chocolate break into pieces. give the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. stir until smooth with a fork or a mini whisk. Repeat as necessary.

**2** Add sugar, double cream, egg and nut brittle and carefully stir in the chocolate butter. Then undergo the rum and chocolate drops or pieces.

**3** Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough.

**4** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. dust removing the cake with chocolate powder and put on it the truffle ball libitum. A few minutes after baking or enjoy still warm.



## BLACK & WHITE

20g butter

10 g white chocolate (about 2 ½ pieces)

2 tablespoons sugar

1 EL Bourbon vanilla sugar

1 egg (M)

3 tablespoons of milk (alternatively coffee cream)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

2 tablespoons dark chocolate sauce (see [➤](#))

pure pleasure

For 1 cup (min. 250 ml) for 10 min.

Preparation Pro cup about 610 kcal, 13 g

EW g 28 F 77 g KH

**1** Add the butter and chocolate in the cup and melt in the microwave at 600 watts in 30 seconds.. Stir the chocolate butter with a fork or a mini whisk until smooth. Stir in sugar, vanilla sugar and egg. The milk in the cup pour. pour in the flour and the baking powder to true. Mix baking powder and flour lightly, then whisk everything carefully to a smooth dough.

**2** Pour the chocolate sauce in the center of the dough and fold easily spiral with a fork or wooden skewer. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 30 sec.. Remove and best few minutes after baking or enjoy still warm.



## CAFFE LATTE

25g butter

4 tablespoons of milk (alternatively coffee cream)

1 tablespoon instant coffee powder

1 teaspoon chocolate powder

3 tablespoons sugar

1 pinch of salt

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

### Trendy beverage in the beaker

For 1 cup (min. 250 ml) for 10 min.

Preparation Pro cup about 510 kcal 7 g EW

g 24 F 67 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. stir until smooth with a fork or a mini whisk. Stir in milk, coffee and chocolate powder and heat it all again for 30 sec. in the microwave.

**2** The coffee tablet mix well, stir in sugar and salt. Put the flour into the bowl and then scatter in the baking soda. Mix the flour and baking powder slightly, then whisk everything carefully to a smooth dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake for 20 sec..



## CHOCOLATE FUDGE

5 tablespoons of flour (about 40 g)

4 tablespoons sugar

1 tablespoon cocoa powder (about 10 g)

$\frac{1}{4}$  teaspoon baking powder

1 pinch of salt

1 EL rapeseed oil

2 tsp cider vinegar

¼ teaspoon ground vanilla

### In chocolate heaven

For 1 cup (min. 300 ml) for 10 min. Preparation per cup approximately 460 kcal 6 g protein 13 g fat 80 g carbohydrates

**1** , Add flour sugar, cocoa powder and baking powder with the salt into the bowl and mix well. Add oil, vinegar, vanilla and 4 tablespoons of water and all whisk with a fork or a mini whisk to a smooth dough.

**2** Place the cup in the microwave and bake the cake at 600 watts for about 1 minute. 50 sec., until the surface is firm. Remove and let cool briefly. enjoy the best cake still warm, on cooling it rapidly becomes tough.





## NUGATKÜSSCHEN

25g butter

2 EL Nussnugatcreme

2 tablespoons sugar

1 egg (M)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

1 teaspoon baking solid chocolate drops or pieces

1 EL colorful Zuckerstreusel

for **Schleckermäulchen**

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 785 kcal, 14 g

EW g 41 F 90 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds. The Nussnugatcreme admit and again for 30 sec. Heat. Stir the Nugatbutter with a fork or a mini whisk until smooth.

**2** Add sugar and egg and mix everything thoroughly. Put the flour into the bowl and then scatter in the baking soda. Mix the flour and baking powder easily, then everything Whisk to a smooth dough. Sprinkle least the chocolate chips or pieces and sprinkles on the dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake 30 sec..



## BLONDIE

15g butter

20 g white chocolate (about 5 pieces)

1 tablespoon chopped almonds

2 tablespoons sugar

3 tablespoons Cream

1 egg (M)

3 tablespoons flour (about 25 g)

2 tablespoons cornstarch (20 g)

½ teaspoon baking powder

**Also:**

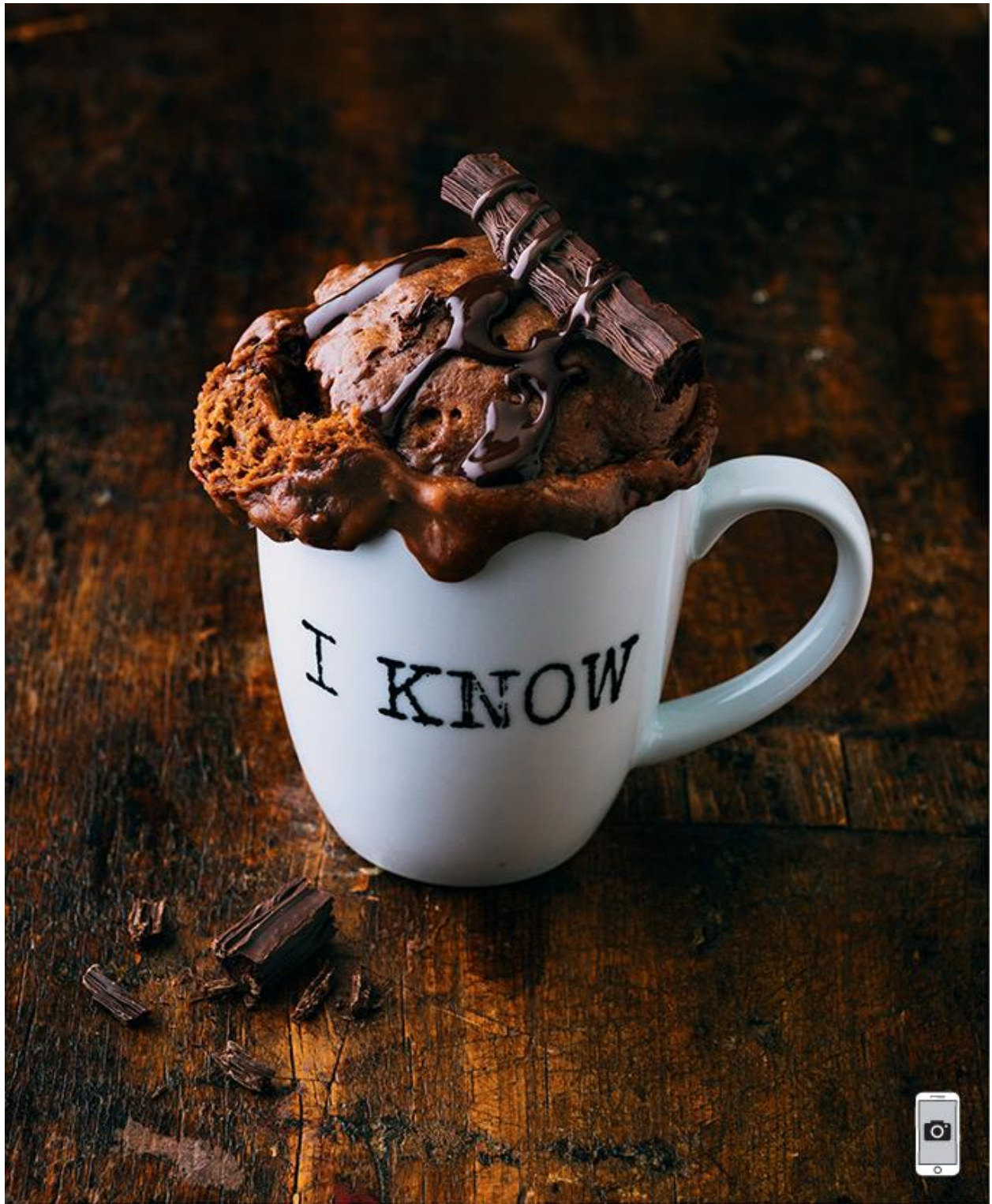
Powdered sugar (optional)

**White Dream**

For 1 cup (min. 300 ml) for 10 min. Preparation per cup approximately 720 kcal 14 g protein 40 g fat 77 g carbohydrates

**1** Add the butter, chocolate and almonds in the bowl and melt in the microwave at 600 Watt in about 1 minute. Stir the mass with a fork or a mini whisk until smooth.

**2** Stir sugar, cream and egg. Add flour, starch and baking powder into the cup. Mix, then whisk to a smooth dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 20 sec.. dust removal and the Cake at will with powdered sugar.



DOUBLE CHOCOLATE SHOCK

Chocoholics beware! This Mug Cake spoiled with a lot of chocolate in the dough and top. Since guarantees their wishes.

20g dark chocolate (about 5 pieces)

25g butter

2 tablespoons sugar

3 tablespoons of milk (alternatively coffee cream)

1 egg (M)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

#### **For the topping:**

12 g of dark chocolate (about 3 pieces)

2 tablespoons of milk (alternatively coffee cream)

Decorative pieces of chocolate or chocolate rolls (optional)

#### **Hot Love**

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup 700 kcal 15 g 42 g EW

F 66 g KH

**1** Chocolate break into pieces. give the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. Stir in the chocolate butter with a fork or a mini whisk until smooth.

**2** Stir in sugar and milk. The egg release and whisk everything carefully. Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough.

**3** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. Remove the cake afterwards.

**4** give for the topping chocolate and milk in a second cup and melt in the microwave at 600 Watt in about 20 seconds.. The sauce stir well and drizzle on the finished cake. still occupy the Cake will with DekoSchokostücken or chocolate curls and enjoy the best few minutes after baking or still warm.

## **TIP**

The double turns quickly into a triple. For that I stir additional 1 tablespoon grated chocolate or chocolate chips into the dough. Even better back solid chocolate pieces or drops are suitable, for the remain in the finished cake- and melt gently on the tongue.



## FIRE & ICE

40 g of grated chocolate (milk or dark)

4 tablespoons of milk

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

1 pinch dried chilli flakes

1 scoop ice

**sharp trendsetter**

For 1 cup (min. 250 ml) 10 min preparation.



Per beaker about 420 kcal 8 g  
protein, 17 g F 51 g KH

**1** Remove from the grated chocolate just under 1 teaspoon and set aside. Add the remaining rasp with the milk into the cup. Place the cup in the microwave and heat at 600 watts approx. 30 seconds. Chocolate and milk with a fork or a mini whisk, whisk until the chocolate is melted and smooth.

**2** Put the flour into the cup and then loyal baking powder and chili flakes. easy first mix baking powder and chili with the flour, then whisk everything to a smooth dough. Sprinkle the remaining grated chocolate on the dough.

**3** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 10 sec. Bake until the surface is firm. Remove, replace the ice ball and enjoy the cake a few minutes after baking or still warm.



## FINE CROWNED

Do you prefer beautifully decorated place simply? Then, the Mug Cakes especially love in this chapter. Each individual carries namely a fine topping crown-steal so pimped Golden Girl & Co. previous cup cake smooth the show!



EASTER BUNNY FAVORITE

I love carrot cake, which are wonderfully light and airy. So the idea for this Mug Cake, of course, taste the whole year was great.

1 piece carrot (ca. 50 g)

2 EL rapeseed oil

1 egg (M)

2 tablespoons apple juice (alternatively 1 tablespoon of liquid honey)

5 tablespoons ground almonds (about 25 g)

½ teaspoon baking powder

1 tablespoon chopped almonds

#### **For the topping:**

2 EL double cream cheese (about 30 g)

1 tablespoon icing sugar

1 marzipan or Fondantmöhre

2 teaspoons chopped pistachios

**baked without flour**

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 675 kcal, 21 g

EW g 52 F 31 g KH

**1** Peel the carrot thin, finely grate and 4 Measure EL. Add the grated carrots in the bowl and cook in the microwave at 600 watts approx. 30 seconds.

**2** Add oil, egg and apple juice to the carrots and stir everything thoroughly with a fork or a mini whisk. Add the ground almonds into the bowl and then scatter in the baking soda. First, the baking powder with the almonds, then whisk everything carefully to a smooth dough. Last stir in the chopped almonds.

**3** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm. Remove and let cool briefly.

**4** stir until smooth for topping cream cheese and powdered sugar. The cream on the cake pile up, to place the marzipan carrots and sprinkle with the chopped pistachios. enjoy the best Cake few minutes after baking or still warm.

## **TIP**

Hearty taste the Möhrenküchlein with ground and chopped hazelnuts (or hazelnut) instead of almonds. This Mug Cake in a fine treat for all those who need to eat gluten-free.



## MAGIC OF ADVENT

3 EL apple sauce (ca. 50 g)

1 EL coffee cream

2 EL rapeseed oil

3 tablespoons red wine

2 tablespoons sugar

½ teaspoon grated organic orange peel

½ teaspoon Glühweingewürz (alternatively 1 each Msp. Cinnamon and clove powder)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

### **For the topping:**

1 small tangerine

40 g mascarpone

1 tablespoon of sugar

½ teaspoon ground cinnamon

### **Mulled wine for spoons**

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 735 kcal 7 g EW

g 41 F 82 g KH

**1** mix applesauce, coffee cream, oil, wine and sugar in the cup. Orange peel and Glühweingewürz admit and everything Whisk thoroughly with a fork or a mini whisk.

**2** Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk everything carefully to a smooth dough.

**3** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. Let cool briefly Remove and Cake.

**4** For the topping Peel the mandarins and divide into columns. distribute the columns on the cake, it set aside one column. Mix mascarpone, sugar and cinnamon. accumulate the cream to the mandarins and decorate with the remaining Mandarin column. enjoy the best Cake few minutes after baking or still warm.



## WHITE CHRISTMAS

3 tablespoons sugar

1 tbsp lemon peel (alternatively orange peel)

1 EL sultanas

1 tablespoon chopped almonds

1 tsp mixed spice

2 EL rapeseed oil

3 tablespoons of milk (alternatively coffee cream)



5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

### **For the topping:**

1 ½ tablespoons butter, softened

2 tablespoons icing sugar

2 EL double cream cheese (about 30 g)

Icing sugar for dusting

### **For Christmas**

For 1 cup (min. 250 ml) for 10 min.

Preparation Pro cup about 805 kcal, 12 g

EW g 42 F 96 g KH

**1** Mix sugar, lemon peel, sultanas, almonds and gingerbread spice in the cup. Oil and milk to pour out all  
Whisk thoroughly with a fork or a mini whisk.

**2** Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with  
the flour, then whisk everything carefully to a smooth dough. Place the cup in the microwave and the cake  
at 600 watts for about 1 minute. Bake until the surface is to be 10 sec.. Remove and let cool briefly.

**3** Mix the topping of butter, powdered sugar and cream cheese. The cream on the cake and pile up this thick  
dust with icing sugar. enjoy the best Cake few minutes after baking or still warm.

## **TIP**

During the Christmas season I like to spoil myself with this Mug Cake-a welcome change to the classic gingerbread.



MUG CAKE WITH KICK

Granted, this Mug Cake is an attack on your figure! For this, he is guaranteed to Revel, spooning out and enjoy ... happiness hormones.

15 g white chocolate (about 4 pieces)

15g butter

3 tablespoons of milk (alternatively coffee cream)

3 tablespoons sugar

1 tablespoon poppy seeds

1 egg (M)

1 EL marzipan (ca. 10 g)

**1-2 EL back solid pieces of chocolate or drops (about 10 g)**

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

### **For the topping:**

2 tablespoons mascarpone

1 teaspoon powdered sugar

**1 teaspoon almond liqueur (eg. B. amaretto; alternatively 2 Drops almond extract)**

1 Physalis

1 teaspoon almonds

Sweet lunch

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 920 kcal, 18 g

EW g 53 F 93 g KH

**1** Chop the chocolate coarsely. give the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. Mix and repeat if necessary until the chocolate is completely melted.

**2** Stir in the chocolate butter with a fork or a mini whisk until smooth. Milk and sugar stir. Poppy and egg release and everything Whisk thoroughly.

**3** The almond paste with your fingers crumble or chop with a knife. Crumbs stir the chocolate pieces or drops into the batter. Put the flour into the bowl and then scatter in the baking soda. First, the baking powder with the flour, then whisk to a smooth dough.

**4** Place the cup in the microwave and the cake at 600 watts approx 1 min. 30 sec. Bake until the surface is firm. Remove and let cool briefly.

**5** until creamy topping for the mascarpone, icing sugar and almond liqueur in a bowl. open physalis. The cream on the cake pile up, to the faithful flaked almonds and then put the Physalis. enjoy the best Cake few minutes after baking or still warm.

## TIP

Marzipan can be found in the supermarket in the baking ingredients. Just as well you can use a piece of marzipan confections, a marzipan potato or a marzipan figure.



NEW YORK CHEESECAKE

I love New York and I love cheesecake. That's why I have this Mug Cake created, as a quick alternative to the American original. Must try!

2 slices of biscuit (20 g)

15g butter

100 g of double cream cheese

1 egg (M)

30 g sugar

1 teaspoon grated organic lemon peel

**For the topping:**

2 EL double cream cheese (about 30 g)

½ teaspoon grated organic lemon peel

2 EL currant jelly

*The classic with a difference*

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 845 kcal, 16 g

EW g 53 F 75 g KH

**1** finely crumble the biscuit slices with your fingers and sprinkle into the cup. to put the butter in small pieces and everything in the microwave at 600 watts for about 1 minute. Heat.

**2** Add cream cheese, egg, sugar and lemon zest in a bowl creamy. The cream layers gently into the cup. Make sure that the cream does not mix with the biscuit ground.

**3** Place the cup in the microwave and bake the cake at 600 watts for about 1 minute.. let rest. Remove and 30 seconds. then bake the cake for another 1 minute in the microwave until the surface is firm. A portion of the biscuit crumbs rises to the surface and a portion remains at the bottom of the cup. Remove and let cool briefly.

**4** Mix the topping cream cheese and lemon zest. The currant jelly loose undergo and so easily marmorieren the cream. The cream cheese to the Cheesecake accumulate.

## **TIP**

The New York Cheesecake remains on cooling in perfect shape and tastes cold juicy and tasty. So you can prepare him fine.





## BLUEBERRY HILL

6 blueberries (blueberry)

3 tablespoons flour (25 g)

2 tablespoons sugar

$\frac{1}{4}$  teaspoon baking powder

1 EL rapeseed oil

2 tablespoons sour cream (24% fat)

2 EL coffee cream (milk substitute)

1 tbsp lemon juice

**For the topping:**

6 blueberries (blueberry)

1 tablespoon sour cream

1 teaspoon hazelnut

1 tablespoon icing sugar

**delicious fruits**

For 1 cup (min. 220 ml) for 10 min.

Preparation Pro cup about 415 kcal 4 g EW

g 20 F 52 g KH

**1** Wash the blueberries and pat dry. Mix flour, sugar and baking powder in the cup. Add oil, sour cream, coffee cream and lemon juice and whisk everything thoroughly with a fork or a mini whisk. The blueberries into the batter lift.

**2** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm. Let cool briefly Remove and Cake.

**3** For the topping wash the blueberries and pat dry. Sour cream, icing sugar and berries 3 in a bowl stir vigorously until the cream is colored bluish. The cream on the cake pile, sprinkle with praline and top with remaining berries. The cake a few minutes after baking or enjoy still warm.

**TIP**

This fruity cup cake is one of my favorites! Outside the blueberry season I prepare him happy times with raspberries or strawberries to small.



## BLACK FOREST CHERRY

25g butter

1 pack. Bourbon vanilla sugar

1 egg (M)

2 tablespoons sugar

2 tablespoons cocoa powder

1 EL Kirschwasser

1 EL coffee cream

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

**For the topping:**

**4-5 cherries (alternatively from the glass)**

1 EL Kirschwasser

3 tablespoons whipped cream

1 EL chocolate sauce (see [≥](#))

With a slight tipsy

For 1 cup (min. 300 ml) for 10 min.

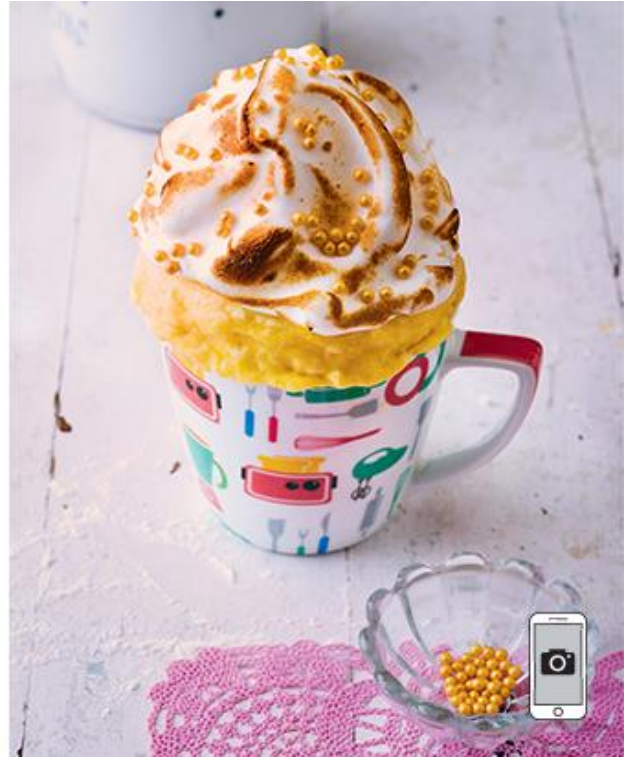
Preparation Pro cup 800 kcal 15 g 41 g EW

F 75 g KH

**1** Put the butter in the bowl and melt in the microwave at 600 watts in 30 seconds.. Stir in the melted butter with a fork or a mini whisk until smooth. Vanilla sugar and sugar mix with the egg.

**2** carefully stir in cocoa powder, cherry brandy and coffee cream. Put the flour into the bowl and then scatter in the baking soda. Mix the flour and baking powder easily, then everything Whisk to a smooth dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 20 sec.. Remove and let cool briefly.

**3** Meanwhile wash for topping the cherries, remove the stalks and pitting. Drain the cherries from a jar. Turn the fruit in kirsch and let stand briefly. piling whipped cream on the cake, cover with marinated cherries and drizzle with chocolate sauce. enjoy the best Cake few minutes after baking or still warm.



## GOLDEN GIRL

You want to quickly bake your teen daughter or a dear colleague a small birthday cake? Then you are right here!

2 EL rapeseed oil

1 egg yolk (M)

2 tablespoons icing sugar

3 tablespoons of milk (alternatively coffee cream)

1 teaspoon cider vinegar

Grated zest of  $\frac{1}{2}$  organic orange

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

**For the topping:**

1 egg white

50 g glucose

20 g icing sugar

golden sugar pearls

Zest of ½ organic orange (optional)

**Also:**

Kitchen Torch

**Not for diet phases**

For 1 cup (min. 250 ml) for 10 min.

Preparation Pro cup about 680 kcal 7 g EW

23 g F 112 g KH

**1** enter into the cup for the cake oil, egg yolks, powdered sugar, milk, apple cider vinegar and orange peel. Everything carefully whisk with a fork or a mini whisk.

**2** Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 20 sec.. Let cool briefly Remove and Cake.

**3** Meanwhile, beat the egg whites with an electric mixer Topping the to stiff peaks. Here, by and let sprinkle of sugar. further hit the ground until the meringue has a firm and silky shine. to seven the icing sugar and loosely fold it into the egg whites.

**4** Half of the egg whites to the cake accumulate and form with a knife to a bonnet. (Use the remaining egg white otherwise.) The egg white tan golden yellow with the kitchen torch and decorate with sugar beads and will with orange peel. enjoy the best Cake few minutes after baking or still warm.

## **TIP**

You need only half the egg whites, but a smaller amount can be hit hard. The other sweet snow can be used for a second Mug Cake. This may also be the following day, as well covered the egg whites will stay fresh in the refrigerator. Or pile instead of egg whites 1 handful of marshmallows on the cake and brown them golden yellow with a kitchen torch.





## hearty PIKANT

Nobody says that cake must be sweet! Also spicy Mug Cakes are a wonderful snack. Whether Mug Lorraine or Canned Tuna - the salty ingredients are also mixed and baked so that they are in no time in the cup on the table directly. Who just has appetite?



## fiery VEGGIE

50 g Smoked

½ teaspoon minced garlic

1 egg (M)

4 tablespoons of vegetable drink (z. B. Rice coconut)

1 EL coconut powder (in the bag; from Feinkost shelf)

5 tablespoons of chickpea flour (about 30 g)

½ teaspoon baking powder

salt

pepper

¼ teaspoon Ras el-Hanout (Moroccan spice mixture, failing that, curry powder)

#### Gluten-free enjoyment

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 325 kcal, 23 g

EW g 16 F 22 g KH

**1** Cut the smoked tofu into small cubes. Put the cubes with the egg into the cup. add vegetable drink, coconut powder and garlic and everything carefully whisk with a fork or a mini whisk. Thereby further chop the tofu.

**2** Add the chickpea flour into the cup, baking powder, salt, pepper and then loyal Ras elHanout. First, baking powder and spices easily mix with the flour, then whisk together all the ingredients to a smooth dough.

**3** Place the cup in the microwave and bake the cake at 600 watts for about 1 minute. 50 sec.. If the surface is still very wet, the cake again 10-Bake until the surface is to be 20 sec.. enjoy the best Cake few minutes after baking or still warm.

#### TIP

Chickpea flour has a mild nutty flavor. You get it in well-stocked supermarkets and health food store.



## SWEET & SOUR

70 g sour pickled pumpkin (from the glass)

1 corner of cream cheese (about 50 g)

2 Kürbissud EL (from the glass)

1 egg (M)

2 tablespoons chives (fresh or frozen)

salt

pepper

2 tablespoons of flour (about 15 g)

¼ tsp rose hot paprika

### Juicy and surprising

For 1 cup (min. 250 ml) for 10 min.

Preparation Pro cup about 335 kcal, 16 g

EW g 18 F 26 g KH

**1** Drain the pumpkin. Add the cheese into the bowl and melt in the microwave at 600 watts in 30 seconds.. stir until smooth with a fork or a mini whisk. set aside one-third of the pumpkin. The remaining pieces vigorously stir into the cheese while crushing anything.

**2** give Kürbissud, egg and chives into the cup, season with salt and pepper and whisk everything. Stir in the flour and sprinkle the paprika on the dough.

**3** Place the cup in the microwave and bake the cake at 600 watts for about 2 minutes.. let rest briefly, then another 30-Bake until the surface is to be 40 sec.. Removing, occupy the cake with the remaining pumpkin and enjoy hot a few minutes after baking or not.

### TIP

The taste not only for Halloween. For sweetness and slight acidity of the pumpkin pieces yet another flavor fits: the sharpness. So Stir quiet a few drops of Tabasco, some freshly chopped chili pepper or 1 pinch of chilli flakes into the dough.



BELLA NAPOLI

If I have Italy desire again, I bake quickly these Cake. And spoonful I approach the sun and Vesuvius a little bit ...

1 egg (M)

Tablespoon olive oil 2

2 tablespoon tomato ketchup

**1-2 tbsp chopped basil (fresh or frozen)**

salt | pepper

2 Table spoons of milk

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

**Also:**

**1-2 tsp grated Parmesan cheese (may substitute other grated cheese)**

**2 EL Ratatouille sauce (see [≥](#) )**

Parmesan chips for sprinkling (optional)

**And a glass of red wine**

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 460 kcal, 14 g

EW g 28 F 37 g KH

**1** Add the egg with the olive oil into the bowl and whisk thoroughly with a fork or a mini whisk. Ketchup and basil stir and season the mixture with salt and pepper.

**2** The milk in the cup pour. pour in the flour and the baking powder to true. Mix the flour and baking powder easily, then everything Whisk to a smooth dough.

**3** Place the cup in the microwave and the cake at 600 watts for about 1 minute. 40 sec. Bake until the surface is firm. Removing, sprinkle the Parmesan cheese on the cake and let melt easily. Last enter the ratatouille sauce on the cake and sprinkle them as desired with Parmesan shavings. enjoy the best Cake few minutes after baking or still warm.

## **TIP**

Depending on what herbs I just have fresh in house, I stir basil instead sometimes chopped chives or mixed Italian herbs in the dough. Very fast and always on hand are frozen herbs. Additional flavor gets the cake with 1-dried tomato (from the bag or placed in oil). The tomato cut small and very recently fold into the batter. The cooking time then by 10-extend 20 sec..





## PIZZA LUIGI

2 EL quark (20% fat; 50 g)

Tablespoon olive oil 2

½ teaspoon dried thyme (alternatively pizza spice)

Msp 1. Salt

pepper

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

2 cherry tomatoes

1 tablespoon grated cheese pizza

1 pinch noble paprika

1 egg yolk (M)

#### News from the Italians

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 420 kcal, 14 g

EW g 26 F 33 g KH

**1** cottage cheese, egg yolk, olive oil and 2 tablespoons of water into the cup and blend thoroughly with a fork or a mini-whisk. (The mixture may curdle easily, it mixes later but again without any problems.)

**2** Stir in thyme, salt and pepper. Put the flour into the bowl and then scatter in the baking soda. Mix the flour and baking powder easily, then everything Whisk to a smooth dough.

**3** Wash the tomatoes, cut into quarters and easily fold into the batter. Sprinkle the pizza cheese on the dough and sprinkle over the paprika. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 40 sec.. enjoy taking out and the Cake at best a few minutes after baking or still warm.



## MATADOR'S MUG

25 g chorizo (see [link](#); substitute other spicy salami)

1 boiled potato (about 100 g)

1 egg (M)

30 g cream cheese (15% fat)

1 tablespoon olive oil

3 tablespoons flour (about 25 g)

½ teaspoon baking powder

salt

pepper

½ teaspoon dried thyme

1 pinch rose hot paprika

1 EL Ratatouille sauce (see [≥](#))

### España Olé!

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 475 kcal, 19 g

EW g 29 F 34 g KH

**1** Cut the chorizo into very small dice. The potato peel and also into small cubes. The egg, give the olive oil and the cream cheese in the bowl and thoroughly whisk together with a fork or a mini whisk.

**2** Put the flour into the bowl and then scatter in the baking soda. Mix the flour and baking powder easily, then everything Whisk to a smooth dough. Season with thyme, salt and pepper and stir in the sausage and potato cubes. sprinkle the paprika on the dough.

**3** Place the cup in the microwave and bake the cake at 600 watts for about 1 minute. 50 sec., until the surface is firm. The ratatouille sauce to give and enjoy the best Cake few minutes after baking or still warm.

### TIP

Chorizo is a very popular in Spain sausage is sold fresh and soft as well as dried and hard. Common to both variants is a piquant to pungent taste.



## CANNED TUNA

1 egg (M)

Tablespoon olive oil 2

salt

pepper

1 garlic clove (alternatively 1 TL TK-garlic)

3 tablespoons milk

1 teaspoon dried thyme

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

30 g tuna (canned)

### Tastes of the sea

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 455 kcal, 19 g

EW g 28 F 30 g KH

**1** Add the egg and the olive oil into the bowl and season with salt and pepper. Peel the garlic and squeeze through a press. Milk and thyme admit and everything Whisk thoroughly with a fork or a mini whisk.

**2** Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough. Add the tuna and continue stirring until it is crushed and evenly distributed throughout the dough.

**3** Place the cup in the microwave and bake the cake at 600 watts for about 1 minute. 50 sec., until the surface is firm. enjoy taking out and the Cake at best a few minutes after baking or still warm.

### TIP

The best tuna, buy that is inserted in its own juice. Also pay attention to sustainability in fisheries - an imprint on the can provides information.



MUG LORRAINE

The classic Quiche Lorraine has inspired me to make this recipe. Unlike the original out of the oven, the cake in the cup is ready in no time.

1 egg (M)

2 EL quark (20% fat; 50 g)

salt | pepper

1 pinch noble paprika

2 EL fine diced ham (see [≥](#))

1 tablespoon chives (fresh or frozen)

5 tablespoons of flour (about 40 g)

½ teaspoon baking powder

**Also:**

1 pinch noble paprika

1 pinch of sea salt flakes (eg. As fleur de sel; at will)

Greetings from France

For 1 cup (min. 300 ml) for 10 min.

Preparation Pro cup about 315 kcal, 23 g

EW g 11 F 30 g KH

**1** Add the egg and cottage cheese in the bowl and whisk with a fork or a mini whisk to a smooth cream. Season with salt, pepper and paprika.



**2** Diced ham and chives admit and carefully stir into the Quarkceme. Put the flour into the bowl and then scatter in the baking soda. First, the baking powder easily mix with the flour, then whisk to a smooth dough.

**3** Place the cup in the microwave and bake the cake at 600 watts for about 1 minute. 50 sec., until the surface is firm. Remove and cake with paprika and as desired sprinkle with sea salt flakes. best enjoyed a few minutes after baking or still warm.

## **TIP**

Lean Schinkenwürfelchen there are packaged in each supermarket. You are in the refrigerator for several weeks and are available at all times for the spontaneous baked treats in store. But it does not always have ham. Instead taste cut in small cubes Schweinebraten-, turkey or chicken breast meat, residues from Sunday roasted or fried chicken, salami or Kabanossi in the cake. And who wants to completely give up meat, finely diced smoked tofu stir into the dough.

## SWEET ON TOP

What sauce would you like? No matter which you choose,



this rapidly stirred copies ennoble every sweet Mug Cake.

### VANILLA SAUCE

For 200 ml:  $\frac{1}{2}$  vanilla pod slit open lengthwise and scrape out the marrow. Bean and Mark with  $\frac{1}{8}$  l milk and 1 tablespoon sugar in a saucepan. Remove from heat and 15 min. let them go. Remove the pod after. (M) stir cornstarch smooth in a cup 1 egg yolk with 50 g cream and  $\frac{1}{2}$  tsp. The vanilla milk boil and stir in the starch mixture with a whisk. Allow the sauce to the boil, remove from heat and let cool, stirring frequently. Serve immediately or place it in a glass jar and seal. Refrigerate about 4 days kept durable.



## CHOCOLATE SAUCE

Chop 50 g chocolate and give 100 g of cream in a saucepan: for 200 ml. Warm slowly with stirring until the chocolate has melted. Cool the sauce, stirring frequently. Serve immediately or place it in a glass jar and seal. Refrigerate about 4 days kept durable. easily reheat to serve at will in the microwave. Tip: The sauce can be modified wonderful. For this, an additional 1 pinch of ground vanilla, cinnamon or grated organic orange peel Stir. Also 1 tablespoon espresso or liqueur give it a delicate flavor.



## EXOTIC FRUIT SAUCE

cut into large pieces 150 g fresh pineapple flesh: for 200 ml. provide the pieces with 80 ml of unsweetened coconut milk (from the Asialaden) in a high blender jar. 1-Add 2 tablespoons of brown sugar. Mix the ingredients with a hand blender fine. Stir at will even 1 tablespoon lime juice, coconut liqueur, dark rum or rum. Serve the sauce immediately or pour into a glass jar and seal. Refrigerate about 4 days kept durable. Tip: Mix For a velvety mango sauce instead of pineapple 150 g Mango pulp with the remaining ingredients.



## KUCHENSCHMEICHLER

Small seducer, big impact. These basics out of the pantry spice up your small microwave Quickies in no time. To conjure up again and again deliciously new Mug Cakes.

### 1. JAM & fruit pulp

For fast marbling of the dough or as a fruity kick jams and purees from the supply are needed, such as applesauce. Simply stir, bake and enjoy the batter.

### 2. CHOCOLATE

Heavy is the head that wears the crown: dark, milk, white chocolate, chocolate drops back fixed, **chocolate sauce and cocoa powder**-Chocolate makes in all variations of taste and good mood. Addictive guaranteed!

### 3. FRESH FRUITS

In spring, the aromatic strawberry in summer the fruit physalis. The autumn delights us with exotic mangoes, the winter with juicy oranges. Throughout the year, to sweet fruits and fine cake combine for a delicious feast of flavors. Even organic citrus peel give the Mug Cakes scent and flavor. is permitted, what you liked.

### 4. SPICES

Precious spices such as cinnamon, cloves or gingerbread spices give the Mug Cakes a wonderful aroma. Here experimentation is needed!

### 5. PISTACHIOS, ALMONDS, NUTS & grated coconut

Interspersed are called nuts, seeds and coconut quick topping for the cake in the cup. stirred into the dough rounder this magic with Crunch factor aromatic flavor and crispy bite in the Mug Cakes.

### 6. MARZIPAN

The bright marzipan consists of equal parts of sugar and almonds. Roughly diced or spices up **Marzipan in seconds every cup cake on-and ensures the bargain for a delicious flavor.**



## VEGAN FAVORITES

Good news for vegans! Even without butter, egg and milk you can bake fluffy Mug Cakes. Whether spicy, fruity or chocolaty-best try immediately!

### 1. CINNAMON SUGAR &

For 1 cup (min. 300 ml) to give 30 g vegan margarine into the bowl and melt in the microwave at 600 Watt in about 25 seconds.. 3 EL applesauce (about 50 g), add 1 teaspoon apple cider vinegar and 2 tablespoons sugar and carefully whisk with a fork or a mini-whisk. 3 EL soy milk (alternatively other plant Drink) thoroughly mix with the sugar mixture. 5 tablespoons of flour (about 40 g) made in the cup and, depending thereon true ½ teaspoon baking powder and cinnamon powder. First, baking powder and cinnamon easily mix with the flour, then whisk to a smooth dough. Mix 1 teaspoon sugar and ½ teaspoon cinnamon powder and finally sprinkle on the dough. Place the cup in the microwave and cake at

600 watts for about 1 minute. Bake until the surface is to be 20 sec.. enjoy still warm at best.

## 2. APPLE BLOSSOM & ELDER

For 1 cup (min. 250 ml content): 3 tablespoons apple sauce (ca. 50 g), 2 tablespoons canola oil, 2 tablespoons brown sugar and 2 tablespoons Holunderblütensirup enter into the cup and blend thoroughly with a fork or a mini-whisk. it true 5 tablespoons flour (approximately 40 g) and give it ½ **teaspoon baking powder. The baking soda easily mix with the flour, then whisk to a smooth dough. 1-scatter** 2 tbsp chopped pistachios on the dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. 20 sec. Bake until the surface is firm. best enjoyed warm.

## 3. CHOCOLATE & VANILLA

For 1 cup (min. 200 ml): 4 tablespoons sugar, 1 each pinch of salt and ground vanilla, 5 tablespoons of flour (approximately 40 g) and 2 tablespoons of cocoa powder in the beaker give and mix thoroughly. Pour 2 tablespoons olive oil and 3 tablespoons of water and all whisk with a fork or a mini whisk thoroughly to a smooth dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 20 sec.. Let cool briefly Cake and enjoy hot a few minutes after baking or not.

## 4. POPPY & MARZIPAN

For 1 cup (min. 300 ml): 30 g of almond paste kneading soft or crumble and enter into the cup. 2 tablespoons brown sugar, 1 tablespoon poppy seeds and 1 teaspoon grated give Bio-orange peel. Mix everything thoroughly with a fork or a mini whisk. 4 tablespoons soy add milk (alternatively other plants drink), 2 tablespoons canola oil and 3 tablespoons apple sauce (about 50 g) and whisk everything carefully. 5 tablespoons of flour (about 40 g) made into the cup and ½ teaspoon baking powder it true. First, the baking powder easily mix with the flour, then whisk to a smooth dough. Place the cup in the microwave and the cake at 600 watts for about 1 minute. Bake until the surface is to be 30 sec.. And removing the cake will with 1 Cherry (fresh, or crystallized from the glass) garnish. The cake a few minutes after baking or enjoy still warm.



## SPICY TOPPINGS

These toppings each hearty Mug Cake tastes twice in a different class. Simple cold or slightly warmed to the cake in the cup



give.

### RATATOUILLE SAUCE

For 200 ml: Peel 1 small onion, chop and fry in a pan in 1 tablespoon olive oil. Peel 1 clove garlic and squeeze the bulb. Succession 3 tablespoons tomato paste and stir in 150g finely diced vegetables (eggplant, zucchini, peppers). All fry briefly, then pour in 100 ml water. still Season the sauce with salt and pepper to taste and with chili powder or herbs (thyme, rosemary, marjoram), cover at least 15 min. simmer. After that

season to taste spicy. Serve the sauce or immediately in a screw-top jar



filling and sealing. In the refrigerator for about 3 days durable.

## GORGONZOLA SAUCE

Peel 2 shallots and chop finely: for 200 ml. sauté in 1 tablespoon butter. about dust almost 1 tablespoons flour and golden yellow fry with stirring. 125 ml vegetable deglaze and cook to a creamy sauce. leave 50 g double cream cheese and 50 g Gorgonzola melt into the sauce. At will even 1-Stir 2 tablespoons grated Parmesan cheese or mountain. Season the sauce with salt, pepper and 1 pinch of nutmeg. At will even 1 tbsp finely chopped basil or pesto stir. Serve the sauce immediately or pour into a glass jar. Cooled for about 3 days durable.



## APPLE CHUTNEY

For 200 ml: Peel 1 small onion, dice and sauté in 1 tablespoon oil. peel to taste 1 clove garlic and squeeze through a press. Stir 3 tablespoons brown sugar and quench with 60 ml of vinegar and water. With salt, pepper, chili flakes and 1 pinch edelsüßem paprika spice, then bring to a boil. Peel 1 large apple, remove the core and dice the flesh. The cubes with 2 tablespoons raisins (substitute dried cranberries) to the sauce and everything covered for 15 minutes. Simmer. Serve the chutney immediately or pour into a glass jar. Refrigerate about 1 week after mixing.

### The author

**Angelika Ilie**, Graduate Oecotrophologin free food journalist and author, worked long for German cooking magazines. For many years, she writes as a freelance journalist about anything that has to do with eating and drinking. Angelika Ilie has written numerous Cooking Books and surprises with its varied ideas for quick and easy everyday cooking.


The photographer

**Jörn Rynio** can live out his love for eating and drinking career: In his studio in Hamburg, he is food for international magazines, renowned publishers and advertising agencies atmospherically staged. His team in this book: Rainer Meidinger (food styling) and Michaela Suchy (props).

# imprint

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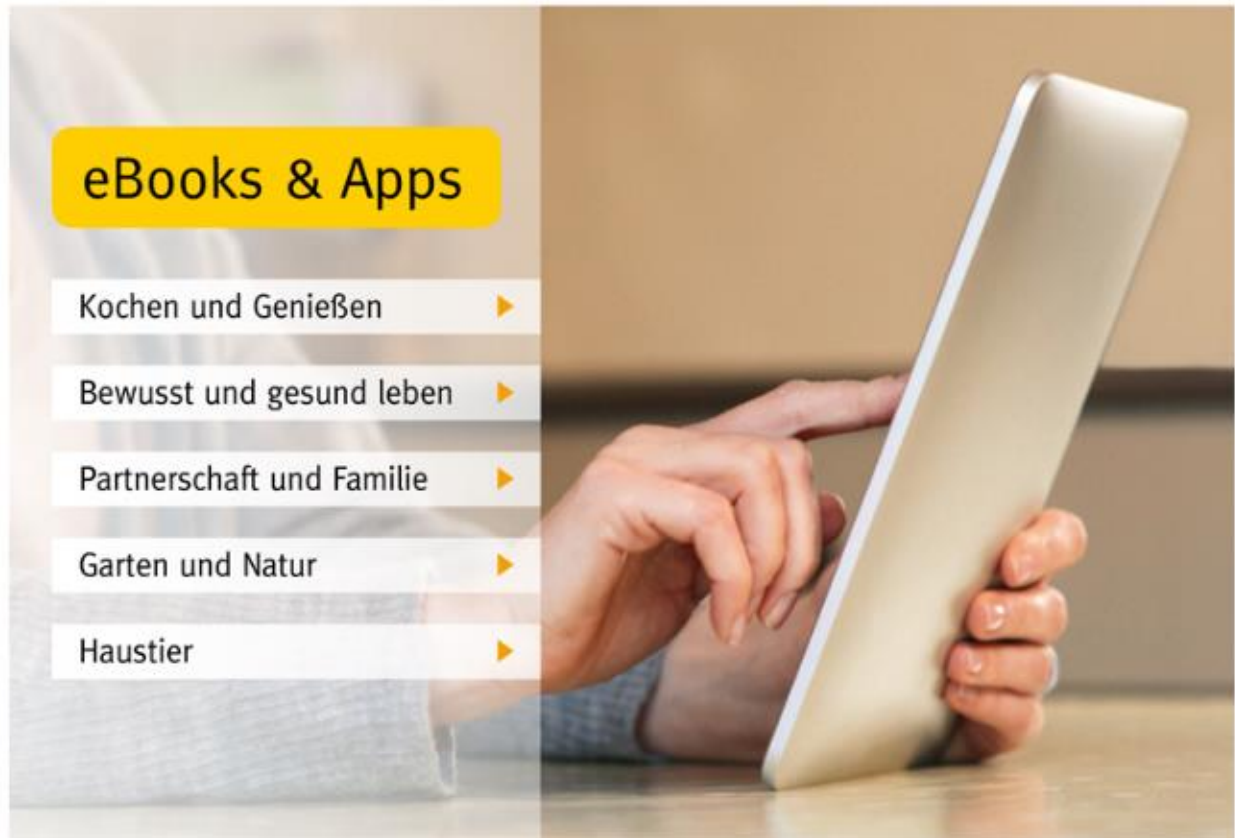
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