

## Teen Cooking Dorm Room Edition: Breakfast & Snacks

### **On the Run Omelet** <https://www.society19.com/3-easy-recipes-perfect-for-college-students/>

#### Ingredients:

- Two eggs
- One tablespoon milk or half-and-half
- ½ cup chopped meat of choice (approximately two ounces)
- One slice of swiss/cheddar/colby jack cheese (diced)

Also: Microwavable mug, cooking spray

#### Directions:

Spritz cooking spray into the mug and crack the eggs into it.

Mix in the milk and beat to form a frothy mixture.

When preferred frothiness is achieved, add in the meat and cheese of choice.

You'll need to microwave in increments: first for 30 seconds followed by swift stirring, then for about 1 ½ -2 ½ minutes until the eggs are also cooked to your taste.

### **French Toast in a Mug** <http://www.sugarstilettostyle.com/2015/03/french-toast-in-mug.html>

#### Ingredients:

- 2 Slices of bread, cubed
- 1 egg
- 1 TBS of butter, melted
- 2 TBS of milk
- 1 tsp cinnamon
- 1/2 tsp of sugar (optional)
- 1/4 tsp vanilla

#### Directions:

Place butter in microwave for about 30 seconds to melt, then coat the sides of your mug to prevent sticking. Whisk the egg in the mug, then add milk, sugar, cinnamon and vanilla. Mix well.

Add the cubed bread to the mix and allow it to soak for about a minute. You may need to gently stir the pieces of bread around half way through to make sure all of the pieces get coated evenly. Microwave on HIGH for about a minute and a half, check it every 30 seconds until the egg is completely cooked.

Top with powdered sugar and syrup. ENJOY!

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### Apple-Banana Oatmeal Microwave Mug Meal Recipe [foodwhine.com/2011/06/baked-oatmeal-in-a-mug.html](http://foodwhine.com/2011/06/baked-oatmeal-in-a-mug.html)

#### Ingredients:

- 1/2 cup quick cooking oats
- 1 tbsp ground flax seed
- 1 egg
- 1/2 cup milk
- 1/3 of a banana, mashed
- 1/4 tsp cinnamon
- 1/2 of an apple, chopped
- 2 tsp honey

#### Directions:

Mix oatmeal mix, flax, an egg and the milk in a mug and then stir it well with a fork. Add banana, cinnamon, apple and honey and then stir again until fully mixed. Cook in a microwave on high for 2-3 minutes. Fluff with a fork and stir one more time in a little milk or yogurt or nut-butter you're up for it.

### 3-2-1 Mug Cake <https://www.duncanhines.com/recipes/cakes/Patti40/3-2-1-microwave-cake/>

- 1 box angel food cake mix
- 1 box any flavor cake mix (chocolate, red velvet, Funfetti, strawberry, lemon, etc.)
- water
- frosting, whipped cream, etc. (optional)

Named 3-2-1 Cake because you mix

- 3 tbsp. cake mix (1.5 tbsp. angel food cake)
- 2 tbsp. water
- 1 minute in the microwave.

When it's finished, carefully take it out of the microwave (mug will be very warm).

#### OPTIONS

- Make a Molten Cake by placing a small piece of chocolate in the middle of the cake before microwaving.
- Make a Caramel Apple Cake by adding a little bit of chopped dried apple to the cake before microwaving and then after it's baked top with a drizzle of caramel sauce.
- Make a Cranberry Orange Nut Cake by stirring in chopped nuts, dried cranberries and orange zest before microwaving.
- Top your favorite cake with fruit and whipped cream for a light and tasty "shortcake."
- Drizzle finished cake with chocolate or caramel sauce.
- Spread with your favorite icing or chocolate hazelnut spread.

Keep your bag of cake mix stored in your dry and cool pantry for up to 2 months.

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### **Microwaveable Rice Crispy Treat For One** <https://spoonuniversity.com/recipe/easiest-rice-crispy-treat-one-will-ever-make>

#### Ingredients:

- 4 large marshmallows
- 1 teaspoon of butter
- ½ cup of cereal

#### Directions:

Place the four marshmallows and teaspoon of butter into a microwave-safe bowl or mug.

Microwave for 20-30 seconds.

Remove from the microwave once the marshmallows have puffed up and the butter has melted.

Immediately stir the mixture together. Add in your cereal of choice and stir to combine. Enjoy!

### **Instant Mac & Cheese in a Mug** <http://theviewfromgreatisland.com/instant-microwave-macaroni-and-cheese-in-a-mug/>

#### Ingredients:

- 1/3 cup small macaroni elbow noodles (uncooked)
- a scant 1/2 cup water
- a scant 1/4 cup milk
- 1/2 cup pre-packaged finely shredded cheese (we like a cheddar/jack blend)

#### Directions

Put the macaroni and the water into a mug. Microwave on full power for 2 minutes. Stir.  
(Note: the water will boil over just a bit—that is fine)

Microwave for another minute. Stir.

Microwave for a fourth minute, and then check to see that all the water has been absorbed. If not, microwave a bit more, until it is gone.

Stir in the milk and shredded cheese and microwave for a final 30-60 seconds. Stir well. Enjoy!

Notes: If you are grating your own cheese, try adding a pinch (1/8 tsp) of cornstarch to the milk.

## Teen Cooking Dorm Room Edition: Breakfast & Snacks

### Healthy Dorm Room Snacks <https://www.society19.com/healthy-dorm-room-snack-recipes/>

#### Easy fruit dip:

Light Cool Whip & sugar-free pudding mix & grapes, strawberries, apples, bananas or any fruit you can find to dip. This is a light & refreshing snack that won't kill your diet. You can even dip vanilla wafers or graham crackers if you feel like it. So yummy!

#### Healthy mug cake: Protein powder cake.

1 scoop protein powder, 1 egg & (optional) splash of milk. Mix together and stick in the microwave for about 30 seconds to 1 minute. It doesn't sound that great, but this recipe is so easy and super delicious!

#### Single serve pizza: English muffin pizzas

1 English muffin, pizza sauce & cheese. You can either eat it plain or stick it in the microwave for melted, gooey, yummy cheese. Or, take your English muffin down to the dining hall and toast it, that way it doesn't come out saucy from the microwave. You can even add toppings like olives, mushrooms or pineapples!

#### Cucumber cheese "sandwiches":

½ a cucumber cut into slices & 1 slice of cheese.

It's pretty self-explanatory by the name, but it's also so good.

#### Peanut butter apple "sandwiches":

2 circular apple slices & 2 tablespoons of peanut butter.

Again, self-explanatory.

#### Frozen yogurt covered fruit:

1 cup of blueberries or strawberries & nonfat vanilla Greek yogurt. Freeze overnight for best results. This is so easy to do, but it's probably the most forgotten. You can buy these in the stores, but they are full of processed sugars. This is the healthy way out!

#### Banana dog bites:

1 whole wheat tortilla wrap, 2 tablespoons of peanut butter, 1 banana. Roll the banana in the tortilla and cut into miniature wheels. If you're feeling extra sweet and daring, add a chocolate chip to each one.

#### Peanut butter dip:

1 cup of Greek yogurt, 2 tablespoons of peanut butter, 2 teaspoons of honey & 1 apple. Mix the Greek yogurt, peanut butter and honey together, then dip away! Sweet and healthy.

If you want something super easy, try popping popcorn and adding garlic or taco seasoning to spice things up! Living in a dorm is all about getting creative!