

Meals In A Mug 100 Delicious Recipes Ready To Eat

Five years ago, popular blogger Brandi Doming of The Vegan B became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and is ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family—even the non-vegans—will love. Try Bakery-Style Blueberry Muffins, Fool Em 'n Cream Cheese Spinach-Arriachote Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake. Satisfy that sweet craving as soon as it strikes with Mug Cakes – over 30 recipes for quick and delicious cakes that require minimal time and effort. Mix a simple batter in a mug with a fork, using whatever ingredients you have in your cupboard, microwave for a few minutes, and zap! You have a heavenly cake to indulge in all by yourself. Mug Cakes shares basic recipes for simple favourites such as banana, lemon or chocolate fondant cake, alongside recipes for more adventurous flavour combinations such as raspberry and green tea or blueberry and ricotta. You can even try recipes that push your mug-cake-making skills to the max – try marble mug cake or financier mug cake with red fruits. All you need is five minutes to spare, a microwave, and a serious cake craving!
#1 New York Times Bestseller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical advice for eliminating processed foods from your family's diet. Inspired by Michael Pollan's In Defense of Food, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed Popcorn Meal plans and suggestions for school lunches, parties, and snacks "Real Food" anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more. Baking Has Never Been This Easy Discover how simple it is to bake amazingly tasty cake from scratch. All you need is a mug, a microwave, and a few basic ingredients, and you'll be feasting on a delicious homemade cake in minutes. Whether you're craving the classics, seasonal flavors, holiday-themed treats, bottomless chocolate, or fresh fruit galore, The Absolute Best Mug Cakes Cookbook ensures that everyone in your household will get exactly what they want. Bake your way through a wide range of satisfying and easy-to-prepare treats with: • 100+ irresistible mug cake recipes, including Salted Caramel, Cinnamon Roll, Mexican Chocolate, and Confetti • Dozens of options for gluten-free, dairy-free, nut-free, paleo and vegan diets so that no one will miss out on the fun • Troubleshooting tips to ensure improved mug cake success • Inventive ideas for mug cake activities, gifts, and parties • A creative guide to developing your own mug cake recipes

100 Tested, Perfected, and Family-Approved Recipes

Everything You Need to Lose Weight-Fast: A Cookbook

A Practical Approach to Health & Weight Loss, with 100+ Easy Low-Carb Recipes

101 Recipes for Gluten-Free Microwave Mug Cakes

Mug Meals

100 Simple Low Carb Recipes. 10 Ingredients or Less

Pinch of Nom Comfort Food

50 Deliciously Easy Home-Made Dishes - in an Instant... and Just a Mug to Wash Up!

Dinner on the go, cooking for one, or just want to mix up a quick snack? Mug Meals will show you how! Chef Leslie Bilderback, the brilliant author of Mug Cakes, is back with easy and fresh ideas for every meal of the day. If you've got five minutes to spare, you can mix up a delicious single-serving meal with just a mug and a microwave. Here are over 100 mouthwatering and lightning-fast recipes for breakfast, lunch, dinner, and dessert. Whip up a mugful of Huevos Rancheros to start off your day, then lunch on a steaming cup of French Onion Soup or Pork Chops and Apple Sauce. Serve dinner to your whole family in mugs stuffed with Poached Salmon with Dill, Pasta Puttanesca, or Candied Sweet Potatoes—and finish things off right with a decadent Pumpkin Cheesecake. The options are endless, and you can't beat the clean-up! Mugs aren't just for cakes and coffee anymore: now you can make every meal in a mug—in minutes!

Don't think you can make a warm, gooey homemade cake in under five minutes? Think again! 5-Minute Mug Cakes is the perfect gift for anyone with a mug, a microwave, and a dream. With nearly 100 delectable recipes for cakes, brownies, cookies, and more, every single recipe can be made in an ordinary, microwave-safe mug in just a few minutes. Author Jennifer Lee, creator of Kirbie's Cravings, guides you through simple recipe favorites like 2-Ingredient Flourless Nutella® Cake Salted-Caramel Chocolate Cake Funfetti Cake S'mores Cake Strawberries & Cream Cake Chocolate Peanut Butter Cake Red Velvet Cake Lemon Dream Cake and dozens more! Featuring special chapters like Skinny Mug Cakes (all under 200 calories!), Gluten-Free Mug Cakes, and even 4-Ingredients-or-Less Mug Cakes, there is no excuse for eating tasteless, packaged desserts anymore. Every recipe in 5-Minute Mug Cakes is simple, fast, and delicious. The best part? If you mix your ingredients right in your favorite mug, there is next to no cleanup!

The #1 FASTEST SELLING NON-FICTION BOOK IN THE UK Slimming food has never tasted so good: the must-have first cookbook from the UK's most visited food blog. Sharing delicious home-style recipes with a hugely engaged online community, Pinch of Nom has helped millions of people to cook well and lose weight. The Pinch of Nom cookbook can help novice and experienced home cooks enjoy exciting, flavourful and satisfying meals. Accessible to everyone by not including diet points, all of these recipes are compatible with the principles of the UK's most popular diet programmes. There are a hundred incredible recipes in the book, thirty-three of which are vegetarian. Each recipe has been tried and tested by twenty Pinch of Nom community members to ensure it is healthy, full of flavour and incredibly easy to make. Whether it's Cumberlad Pie, Mediterranean Chicken Orzo, Mexican Chilli Beef or Chicken Balli, this food is so good you'll never guess the calorie count. This book does not include 'values' from mainstream diet programmes as these are everchanging. Instead the recipes are labelled with helpful icons to show you towards the ones that suit you best – whether you're looking for something veggie, fancy a fakeaway, want to feed a family of four or have limited time to spare. Kate Allinson and Kay Featherstone owned a restaurant together in The Wirral, where Kate was head chef. Together they created the Pinch of Nom blog with the aim of teaching people how to cook. They began sharing healthy, slimming recipes and today Pinch of Nom is the UK's most visited food blog with an active and engaged online community of over 1.5 million followers. Showing that dieting should never be a barrier to good food, Pinch of Nom is the go-to home cookbook for mouthwatering meals that tick all the boxes.

Satisfy your sweet tooth instantly with a microwave cake baked in a mug. Mug Cakes contains one hundred quick and easy recipes that are ready in a matter of minutes! Why reach for store-bought mix that takes up to an hour to bake? Let Mug Cakes show you how to make a quick, tiny batter to mix in a mug with a fork! These desserts are the perfect personal serving size when you don't feel like baking an entire cake or pan of cupcakes. With dozens of mouthwatering recipes, there is something to please every taste. It's all here, from basic Buttermilk Cake, Red Velvet, and Carrot Cake to fancy Chocolate Caramel Fleur de Sel. Let the kids try their hand at S'mores and Root Beer Flood cakes. Then send them to bed and try the liquor-infused recipes from the Adults Only chapter (Irish Coffee Cake, anyone?). There are recipes for cake lovers with special dietary needs, and even noncake recipes like mug puddings, pies, and cheesecakes, when you get tired of cake (yes...it can happen). So if you've got five minutes to spare, grab a mug, mix up a mug cake, and satisfy your dessert craving ASAP!

100 Recipes to Eat Like a Local: A Cookbook

Over 80 Delicious Recipes That Are Secretly Good for You

Meals in a Mug

Microwave Mug Meals

250 Best Meals in a Mug

Once Upon a Chef, the Cookbook

100 Slimming, Home-style Recipes

The Absolute Best Mug Cakes Cookbook: 100 Family-Friendly Microwave Cakes

More than 100 accessible, flavor-packed recipes, using only common ingredients and everyday household kitchen tools, from YouTube celebrity Gemma Stafford

Cook tasty nutritious meals, appetizers and desserts—only serving at a time. Forget all those fancy cooking accessories. You can make a tasty, nutritious meal with just a mug and a microwave oven! Cook a Chicken Enchilada Pie in 5 minutes and Double Chocolate Cake for dessert in just over 2 minutes! Comforting main dishes, appetizers, side dishes, and desserts can all be made quickly and easily—a palate-pleasing meal for one—inside a mug in the microwave oven. Delectable vegetarian, vegan, and gluten-free options are plentiful in this cookbook: try a Zucchini Frittata, Shrimp & Mango Salad, or Eggplant-Tahini Dip. You'll also learn handy tips for roasting garlic, toasting nuts, making vegetable chips, and more—all in your microwave! Millions of Americans have lost tens of millions of unwanted pounds with the simple restaurant and supermarket swaps in Eat This, Not That! Now, the team behind the bestselling series turns its nutritional savvy to the best place in the world for you to strip away extra pounds, take control of your health, and put money back in your own pocket: your own kitchen. Did you know the average dinner from a chain restaurant costs nearly \$35 a person and contains more than 1,200 calories? That's hard on your wallet and your waistline, and few people understand this better than David Zincenko and Matt Goulidge. Their response: Learn to cook all your favorite restaurant food at home—and watch the pounds disappear! Make no mistake—this is no rice-and-antipasto cookbook. The genius of Cook This, Not That! is that it teaches you how to save hundreds—sometimes thousands—of calories by recreating America's most popular restaurant dishes, including Outback Steakhouse's Roasted Filet with Port Wine Sauce, Uno Chicago Grill's Ultimate Deep Dish Pizza, and Chili's Fire Grilled Chicken Fajita. Other priceless advice includes:
• The 37 Ways to Cook a Chicken Breast, A Dozen 10-Minute Pasta Sauces, The Ultimate Sandwich Matrix, and other on-the-go cooking tips
• Scorecards that allow you to easily compare the nutritional quality of the carbohydrates, fats, and proteins in every meal you eat
• The truth about how seemingly healthy foods, such as wheat bread, salmon, and low-fat snacks, may be secretly sabotaging your health

#1 NEW YORK TIMES BESTSELLER From Bob Harper, the bestselling author of The Skinny Rules and Jumpstart to Skinny and the star of NBC's ongoing smash reality show The Biggest Loser, comes 100 delicious new recipes (all of them under 330 calories!), a month of new menu plans, and indispensable shopping lists and cooking tips that all follow Bob's practical strategies for getting thin! THE TASTIEST MEALS FOR HELPING YOU LOSE WEIGHT—FAST! In The Skinny Rules, super-motivator Bob Harper introduced the twenty negotiable eating and lifestyle principles that pave the way to quick and permanent weight loss. Since then, thousands of fans asked for more guidance and inspiration! Skinny Meals answers the call, delivering 100 new Skinny Rules-abiding recipes (all of them under 350 calories!) and a month's worth of new menu plans that will satisfy you at every meal. From an Apple Pie Shake for breakfast to Zucchini Noodles with Avocado Cream Sauce for dinner, Bob has done all the tricky calorie, protein, carb, sodium, and fiber counting so you can meet his Rules goals without even thinking about them! With easy, prepare-ahead strategies, handy shopping lists, and cooking tips, Skinny Meals is your ultimate guide to slimming down and staying fit. Just shop, chop, and enjoy! Praise for Skinny Meals “Skinny Meals rocked my world. . . . It's just not a just-how-to book. . . . It's easy to get through the day without feeling like you're denying yourself. . . . I may have found the diet book that changes my life.”—Books for Better Living

Nearly 100 Yummy Microwave Cakes

Staples + 5

Meal Prep

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Skinny Meals

Mug Cake Cookbook: Top 50 Mug Cake Recipes

The Skinnytaste Cookbook

Simply Keto

There are good recipes and there are great ones—and then, there are genius recipes. Genius recipes surprise us and make us rethink the way we cook. They might involve an unexpectedly simple technique, debunk a kitchen myth, or apply a familiar ingredient in a new way. They're handed down by luminaries of the food world, or discovered by home cooks. And, once we've folded them into our repertoires, they make us feel pretty genius too. In this collection are 100 of the smartest and most remarkable ones. There isn't yet a single cookbook where you can find Marcela Hazan's Tomato Sauce with Onion and Butter, Jim Lahey's No-Knead Bread, and Nigella Lawson's Dense Chocolate Loaf Cake—plus dozens more of the most talked about, just-crazy-enough-to-work recipes of our time. Until now. These are what Food52 Executive Editor Kristen Miglore calls genius recipes. Passed down from the cookbook authors, chefs, and bloggers who made them legendary, these foolproof recipes rethink cooking tropes, solve problems, get us talking, and bake cooking more fun. Every week, Kristen features one such recipe and explains just what's so brilliant about it in the James Beard Award-nominated Genius Recipes column on Food52. Here, in this book, she compiles 100 of the most essential ones—nearly half of which have never been featured in the column—with tips, riffs, mini-recipes, and stunning photographs from James Ransom, to create a cooking canon that will stand the test of time. Once you try Michael Ruhlman's fried chicken or Yotam Ottolenghi and Sami Tamimi's hummus, you'll never want to go back to other versions. But there's also a surprising ginger juice you didn't realize you were missing and will want to put on everything—and a way to cook white chocolate that (finally) exposes its hidden glory. Some of these recipes you'll follow to a T, but others will be jumping-off points for you to experiment with and make your own. Either way, with Kristen at the helm, revealing and explaining the genius of each recipe, Genius Recipes is destined to become every home cook's go-to resource for smart, memorable cooking—because no one cook could have taught us so much.

What's otherwise known as meal preparation is the key to striking a balance between eating clean, eating healthy, weight loss and managing our busy schedules, our time and various demanding engagements that we have to attend to every blessed day. In this book, Meal Prep: 100 Delicious, Easy, And Healthy Meal Prep Recipes For Weight Loss & Plan Ahead Meals, you will learn a total yet simple approach to meal preparation and 100 easy to prepare, exotic, tasty and very healthy recipes that will keep you fit, lean and healthy. This book focuses on what is generally referred to as 'clean eating', each page centers on realistic, professional and step by step approaches to clean eating and the classes of recipes that will give you complete enjoyment without getting bored! In this book you will learn.. -Meal prep breakfast, lunch and dinner recipes -One pot meal prep recipes -Meal prep chicken recipes -Meal prep soup recipes -Meal prep dessert and snack recipes -Meal prep veggie recipes -Meal prep muffin tin, cup & mug recipes -Meal prep wrap recipes -Meal prep salad recipes, and much more Adequately preparing your meals beforehand means you will avoid eating unhealthy foods and still maintain your productivity as a student, parent or worker.

I can assure you that the principles and recipes in this book will transform your health, eating habits and your life in general. With straightforward recipes that offer great little meals for one, you can't go wrong with this imaginative collection. From Hot Cranberry and Almond Muesli to set you up for the day, to French Onion Soup for a stylish lunch, Pasta in a Creamy Herb Sauce for supper followed by Chocolate and White Chocolate Chip Pudding for shared indulgence, you'll be spoilt for choice. The book contains well over 100 simple recipes for: · Breakfasts · Soups · Pasta, noodles, rice and grains · Salads and vegetables · Meat and fish dishes · Egg and cheese dishes · Desserts and cakes There's no weighing, no complicated methods and no expensive or obscure ingredients, just easy, tasty, everyday dishes.

"A practical approach to health & weight loss with 100+ easy low-carb recipes"—Cover.

From Grandma's Recipe Box

5-Minute Mug Cakes

Deliciously customizable cakes, bakes and treats. THE NO.1 SUNDAY TIMES BESTSELLER

Light on Calories, Big on Flavor

100 Simple Recipes to Make the Most of Your Pantry

A Man, A Can, A Plan

Bigger Bolder Baking

Cook This, Not That!

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other—and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of life-friendly changes. When cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks' Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming

10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor.

Collects recipes that use pantry ingredients, a mug, and a microwave to create meals in minutes, including apple pie oatmeal, eggs florentine, polenta lasagna, tuna noodle casserole, miso soup, ratatouille, and nutella cake.

After a lot of experimentation and testing, Victoria House Bakery author, Vicky Wells, has discovered the secret to mug cake recipes THAT ACTUALLY WORK!Her new book includes over 35 mug cake recipes that you'll love, along with a Bonus Recipe for Homemade Pumpkin Pie Spice.This cookbook is a must for everyone but also makes a thoughtful gift for busy college students, singles, couples, a house (or apartment) warming and also for those who are culinarily challenged! Here's a small taste of some of the recipes included:- Basic Chocolate and Basic Vanilla Mug Cakes- Chocolate Espresso Mug Cake- Egg Nog Mug Cake- Gingerbread Mug Cake- Maple Walnut Mug Cake- Put de Lime in de Coconut Mug Cake- Strawberry Cheesecake in a Mug- Walnut Espresso Mug Cake- and so many more !Get yours now!

Jamie Oliver—one of the bestselling cookbook authors of all time—is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

Delicious Microwave Recipes

100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food

A Couple Cooks - Pretty Simple Cooking

Quick & Easy Food

Six-Minute Showstoppers

100 Simple, Delicious Recipes Made with 8 Ingredients Or Less

Food52 Genius Recipes

Mug Cakes

More than 100 hearty, easy and slimming recipes from Kate Allinson and Kay Featherstone, authors of the bestselling Pinch of Nom series. From satisfying savoury dishes to indulgent desserts, Pinch of Nom Comfort Food is packed with slimming-friendly, delicious dishes that will keep you and your loved ones happy and healthy. From lazy weekend breakfasts to filling mains and warming puddings, this book is brimming with tasty meals that are easy to make. Many of the dishes have alternative cooking methods, so you can choose whether to cook in the oven, slow cooker or pressure cooker, depending on your schedule. From Katsu Chicken Bites, Steak and Chips Pie and Cheesy Aubergine Bake to Slow Cooker Stroganoff, Halloumi Couscous Burgers and Millionaire Shortbread, you'll be spoilt for choice on what to cook first. Feeling adventurous? Try Danger Dogs! Need a sweet and fruity fix? Cherry Pie ticks all the boxes. Featuring Pinch of Nom's trademark big flavours, these recipes use easy-to-find ingredients to create dishes that everyone will love – whether you're watching their waistline or not.

With your pantry staples in something delicious. Nothing provides peace of mind like a well-stocked kitchen. Learn how to maximize your stores of beans, flour, and pasta with easy recipes that rely on a simple set of nonperishable ingredients supplemented by up to five additional items. Get dinner on the table without extra trips to the store, throw together a casserole for a neighbor in need, or entertain unexpected guests without added stress. You'll be ready for anything with 100 recipes for craveable comfort food to feed yourself, your family, and your community. Former MasterChef contestant Tanorria Askew shares recipes from her family's Midwestern table, drawing on a tradition of cooking she learned from her grandparents: make the most of what you have, and share it with those you love. Stock your shelves: Learn how to thoughtfully stock your pantry and fridge with everyday essentials and emergency rations. Make last-minute meals: Need to get dinner on the table quickly? You already have all you need.

Perfect for beginners: Get a solid foundation in kitchen essentials and learn basic techniques with easy-to-execute recipes. Recipes include: Chicken, Mushroom, & Rice Skillet; Turkey, Black Bean & Sweet Potato Soup; Browned Butter Couscous Salad; Blackberry Cobbler

Some of our most cherished memories are of visits to Grandma's house...and the wonderful meals she cooked for us. When she called us down for breakfast, we knew there would be homemade caramel rolls and hot cocoa waiting, just for us. In chilly weather, there was always a hearty kettle of vegetable soup or chilli simmering on her stove. At dinnertime, the table overflowed with tender chicken and noodles or slow-baked pot roast, buttery mashed potatoes, brown sugar carrots (because she knew we wouldn't eat them, otherwise!) and salads, fresh-picked from her garden. Her cookie jar was filled with our favorite nickerkoodles or chocolate chip cookies, and there was always a frosted layer cake in the cake stand. So many delicious memories! From Grandma's Recipe Box is chock-full of all these recipes and more, shared by cooks like you, handed down through generations and still enjoyed today. We've included easy tips for adding down-home flavor to meals, and for making get-togethers with family & friends special.

If you enjoy old-fashioned comfort food, you'll love the recipes in this cookbook! 225 Recipes

Need a gluten-free snack? Now you can bake a gluten-free microwave mug cake just for yourself in 10 minutes or less. All you need is a microwave oven, a mug, a saucer, and a mixing bowl. The gluten-free recipes are so simple that anyone (adults and kids) can follow them. Gluten-free microwave mug cakes—the ultimate healthier single-serving snack!

A Microwave, A Mug, A Meal

Delicious Homemade Microwave Meals in Minutes

Chocolate-Covered Katie

100 delicious recipes ready to eat in minutes

80 Fast, Easy Recipes for Hungry People—All You Need Is a Mug and a Microwave

Mug Cake Recipes That Actually Work!

Jane's Patisserie

Budget Bytes

Treat the whole family with ridiculously quick, easy and awe-inspiring desserts that anyone can rustle up in just SIX MINUTES 'The queen of store cupboard baking' Huffington Post Creating mouth-watering sweets, treats and desserts has never been easier. With minimal ingredients and time-saving shortcuts, these easy and delicious recipes won't compromise on flavour or wow factor. The best part? They're guaranteed to be on your plate in just six minutes. This revolutionary new cookbook proves that baking doesn't have to be time-consuming, stressful or expensive. Perfect for home cooks and impatient foodies, these 100 recipes are easy, affordable and simple and ready to eat in 360 seconds – that's less time than it takes to drink a cup of coffee! Satisfy your sweet tooth with: - PIMM'S CUPCAKES - MICROWAVE BROWNIES - BUTTERSCOTCH BANANES PIE - CINNAMON CROUANTS - NUTELLA CRIZZLER COOKIES - JUZCORN BARK - BILLOOMY FRYTTERS Put the fun and magic back into baking. It has to be tried to be believed. . . . Flavourful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until luncheonite, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

The fastest selling baking book of all time, from social media sensation Jane's Patisserie 'This will be the most-loved baking book in your stash!' - Zoë Sugg Life is what you bake it - so bake it sweet! Discover how to make life sweet with 100 delicious bakes, cakes and treats from baking blogger, Jane. Jane's recipes are loved for being easy, customisable, and packed with your favourite flavours. Covering everything from gooey cookies and celebration cakes with a dreamy drip finish, to fluffy cupcakes and creamy no-bake cheesecakes, Jane's Patisserie is easy baking for everyone. Whether you're looking for a salted caramel fix, or a spicy biscoff bake, this book has everything you need to create iconic bakes and become a star baker. Includes new and exclusive recipes requested by her followers and the most popular classics from her blog - NYC Cookies, No-Bake Biscoff Cheesecake, Salted Caramel Drip Cake and more!

Offers fifty recipes made fast and simple by using the microwave and mostly canned ingredients, including such dishes as Italian one-dish fish, teriyaki beef with broccoli, and painless paella.

100 Recipes That Will Change the Way You Cook [A Cookbook]

5 Ingredients

100 Delicious, Easy, And Healthy Meal Prep Recipes For Weight Loss & Plan Ahead Meals

Ready in 5 Minutes in the Microwave

Mug Shots

Tasting Paris

Hundreds of quick & healthy meals that can save you 10, 20, 30 pounds—or more!

Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half: A Cookbook

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

Charmingly designed and perfectly approachable, here are eighty simple recipes for delicious, healthy food that require nothing more than a mug and a microwave. For anyone who can't cook, won't cook, or doesn't have the time to cook—but still wants a fresh, delicious meal instead of takeout or packaged, processed food when they're eating alone—here is the answer. All you need for real food, really fast, is a large mug, a microwave, a handful of ingredients, and a spoon. Whether you're cooking in a pocket-sized apartment, a crowded dorm, or an office kitchenette, here are quick and clever recipes for breakfast, lunch, dinner, dessert, and snacks. Squeezing a home-cooked breakfast into your morning dash is no problem with Peanut Butter and Jam Porridge, Eggs Florentine with Hollandaise, or seed- and fruit-packed Breakfast Muffins. And no more sad office salad: whip up Spicy Lentil and Bacon Soup, Pea and Pesto Soup, and Shrimp Laska in the office kitchen for lunch, with a side of Honeyed Carrots or Garlicy Mushrooms! Chicken Karma, Thai Shrimp Curry, Wild Mushroom Risotto, Chili con Carne, and Sweet Potato and Chickpea Tagine make healthy, quick, and delicious dinners that easily trump overpriced takeout or preservative-laden frozen food. And mug baking is a piece of cake with Chocolate and Pistachio Brownies, White Chocolate and Lime Cheesecake, Berry Crumble, Sticky Gingerbread, and much more. Finally, don't forget the more convenient (but no less delicious) mug treats: Ultimate Hot Chocolate, Mulled Cider with Ginger, and Vanilla Latte. Yum! You will be in and out of the kitchen, cravings fully satisfied, in five minutes or less!

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:
• Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare
• Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
• Essential plant-based pantry and equipment tips
• Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements
Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The Top 50 Mug Cake RecipesThere is little more appealing to a food lover than the idea of creating a warm, gooey, delicious cake in under 2 minutes. This might seem impossible at first, but with your favorite mug, a few ingredients and this book, you can do exactly that. A mug cake is still a real homemade cake, it just uses fewer ingredients, less fat, less sugar, and less waste. You can have a delicious amazing treat with no fuss in minutes. A marvelous mug cake can be made quickly and easily in your own kitchen every time. This book contains the best 50 mug cake recipes that will prove an instant hit. Go ahead and hit Buy It Now to have these recipis in your hand right now to save you time and effort with the easiest and greatest 50 mug cake recipes.Learn how to make some of these amazing recipes: Apple and Cinnamon Mug Cake Blueberry Mug Cake Choc Chip Cookie Dough Mug Cake Chocolate Peanut Butter Mug Cake Lemon Mug Cake Salted Caramel Mug Cake Triple Chocolate Mug Cake And many, many more! Scroll up and hit Buy It Now to get started right now!

How We Did It, What We Learned, and 100 Easy, Wholesome Recipes Your Family Will Love

The Wholesome Yum Easy Keto Cookbook

100 Slimming, Satisfying Recipes

Delicious bakes, cakes, treats and sweets - in a flash!

More Than 100 No-Fuss Ways to Make a Delicious Microwave Meal in Minutes

50 Great Guy Meals Even You Can Make!: A Cookbook

Pinch of Nom

100 Days of Real Food

The debut cookbook from the Saverub blog award-winning Internet expert on making eating cheap dependably delicious As a college grad during the recent great recession, Beth Moncel found herself, like so many others, unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayoonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.

Tasting Paris features new and classic French recipes and cooking techniques that will demystify the art of French cooking and transport your dinner guests to Paris. Whether you have experienced the charm of Paris many times or dream of planning your first trip, here you will find the food that makes this city so beloved. Featuring classic recipes like Roast Chicken with Herbed Butter and Croustons, and Profiteroles, as well as newer dishes that reflect the way Parisians eat today, such as Ratatouille Pita Sandwich with Chopped Eggs and Tahini Sauce and Spiralized Zucchini Salad with Peach and Green Almonds. With 100 recipes, 125 evocative photographs, and native Parisian Clotilde Dusoulier's expertise, Tasting Paris transports you to picnicking along the Seine, shopping the robust open-air markets, and finding the best street food-bringing the flavors and allure of this favorite culinary destination to your very own kitchen.

Every recipe in this book has been specially created to suit the microwave and to be cooked in a single mug, ready to eat. They are all speedy and simple, but above all, taste incredible. Theo Michaels' Masterchef magic brings tastes from around the world - you can have Mexican chicken one night, a Brazilian feijoada the next, or an Asian stir-fry. Whether you are after a quick brunch, a speedy spag bol, a healthy bean stew or fresh-tasting fish, there's every kind of meal here. Not forgetting the instant sweet fixes, such as a creamy ricepudding or gooey chocolate orange cake! This irresistible book will transform the way you cook.

The craze for microwaving portion-size dishes in a mug is only gaining steam. Meals in a mug are a perfect solution for solo dining, and they're also quick and easy options for busy people. And they are a convenient and budget-friendly way to eat delicious and healthy meals when living in a dorm, travelling in a RV or eating at the office. These perfect individual portion sized recipes cover morning breakfast to late afternoon snacks and satisfying suppers with just a quick trip to the microwave which speedily omits hours of stovetop simmering and/or baking. In just 2 minutes, breakfast gets a sumptuous and nutritious boost with a moist and tender Banana Blueberry Muffin. Lunch takes its inspiration from New Orleans with Red Beans and Barley. This quick mugful of deliciousness uses quick-cooking barley which stands in for traditional white rice making it a speedy

and healthy makeover. A sampling of the recipes: Super-Fast and Easy Recipes Mushroom Barley Soup, Broccoli Basil Soup, Apple Pancake Puff, Chocolate Peanut Butter Crunch Mix, Cheese Fondue Breakfast Banana Bread, Almond Flour Muffin, Green Onion Bread, Zucchini Bread, Apple Cinnamon Bread, Boston Brown Bread Soups, Stews and Chilis Loaded Baked Potato Soup, Quinoa Minestrone, Miso and Mushroom Soup, Poblano White Chili, Koshari, Red Clam Chowder Meatless Main Dishes Eggplant Parmesan Mug, Green Chile Quesadilla Mug, Chickpea Potato Masala, Curried Lentils with Yogurt and Tortilla, Korean Pajeon Meat, Poultry and Seafood Main Dishes Philly Cheesesteak Mug, Cauliflower and Ham Gratin, Shrimp with Roasted Peppers and Feta, Shepherd's Pie, Teriyaki Salmon Dessert Sugar Cookie, Chocolate Fudge Cake, Blueberry Dumpling, Bananas Foster, Lemon Pudding Cake, Butterscotch Blondie, Panna Cotta. These tasty and healthy dishes move the focus off of the time- and labor-intensive oven, and reintroduce the ease and simplicity of the microwave. They take everyday meals to the next level and the handy nutritional analysis that accompanies each recipe takes all the guesswork out of planning healthy meals.

Healthier Single-Serving Snacks in Less Than 10 Minutes

Meal in a Mug

50 Tasty Meals You Can Nuke in No Time

Minimalist Baker's Everyday Cooking

The Vegan 8

Breakfast, Lunch, Dinner

A Man, a Can, a Microwave

100 Speedy Microwave Treats to Satisfy Your Sweet Tooth

A Man, A Can, A Plan, inspired by an article in the most popular mens magazine, Men's Health, is a cookbook that presents 50 simple, inexpensive recipes featuring ingredients guys have right in their cupboards--canned food. Great and healthy food can be had for a low price and minimum effort, and A Man, A Can, A Plan lays it all out, in pictorial, easy-to-follow steps, for the culinary-challenged. It features special sections on cooking for her and cooking for the morning after for dudes with a lady on their minds. Author David Joachim received the 1999 James Beard Award for Steven Raichlen's Healthy Latin Cooking, so he knows his stuff and makes it accessible to beginners and experienced guys as well. Get your can openers ready to rumble!

USA TODAY BESTSELLER • Easy, delicious ketogenic recipes all with ten ingredients or less, from the founder of the mega-popular keto website Wholesome Yum. "Loaded with family-friendly keto staples that don't take hours to prepare, this book is a slam dunk for keto beginners and experts alike."—Mark Sisson, New York Times bestselling author of The Keto Reset Diet and The Primal Blueprint NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY BUZZFEED There's a reason that the ketogenic diet has become so wildly popular: It truly works! And weight loss is just the beginning. Studies have shown that the keto diet stabilizes mood, raises energy levels, controls blood sugar, lowers blood pressure, improves cholesterol, and more. Unfortunately, many people are intimidated by keto--they don't have a lot of time to cook, they have a whole family to feed, or they worry that they'll miss their favorite meals. That is why Maya Krampf created her now hugely popular website, Wholesome Yum, to share easy keto recipes all with ten ingredients or less. And now, in her first cookbook, Maya is determined to show people that a keto lifestyle does not have to be complicated, time-consuming, unsustainable, or boring. The Wholesome Yum Easy Keto Cookbook features 100 super-simple, I-can't-believe-that's-keto recipes including flourless chocolate chip peanut butter waffles, sheet pan sausage breakfast sandwiches, crispy keto chicken fingers, spaghetti squash ramen soup, keto garlic bread sticks, cinnamon roll pizza, and much more. You don't have to give up your favorite foods--virtually anything you like to eat can be made keto, and delectably so. The book also features a primer on the keto diet, essential pantry-stocking tips, and a section dedicated to creating Maya's signature "fathead" keto dough that is used to prepare delicious keto breads, pastries, tortillas, and more.

A Washington Post bestselling cookbook Become the favorite family chef with 100 tested, perfected, and family approved recipes. The healthy cookbook for every meal of the day: Once upon a time, Jenn Segal went to culinary school and worked in fancy restaurants. One marriage and two kids later she created Once Upon a Chef, the popular blog that applies her tried and true chef skills with delicious, fresh, and approachable ingredients for family friendly meals. With the authority of a professional chef and the practicality of a busy working mom, Jenn shares 100 recipes that will up your kitchen game while surprising you with their ease. • Helpful tips on topics such as how to season correctly with salt, how to balance flavors, and how to make the most of leftovers. • Great recipes for easy weeknight family dinners kids will love, indulgent desserts, fun cocktails, exciting appetizers, and more. • Jenn Segal is the founder of Once Upon a Chef, the popular blog showcasing easy, family friendly recipes from a chef's point of view. Her recipes have been featured on numerous websites, magazines, and television programs. Fans of Chrissy Teigen, Skinnytaste, Pioneer Woman, Oh She Glows, Magnolia Table, and Smitten Kitchen will love Once Upon a Chef, the Cookbook. With 100 tested, perfected, and family approved recipes with helpful tips and tricks to improve your cooking. • Breakfast favorites like Maple, Coconut & Blueberry Granola and Savory Ham & Cheese Waffles • Simple soups, salads and sandwiches for ideal lunches like the Fiery Roasted Tomato Soup paired with Smoked Gouda & Pesto Grilled Cheese Sandwiches • Entrées the whole family will love like Buttermilk Fried Chicken Tenders • Tasty treats for those casual get togethers like Buttery Cajun Popcorn and Sweet, Salty & Spicy Pecans • Go to sweets such as Toffee Almond Sandies and a Classic Chocolate Lover's Birthday Cake