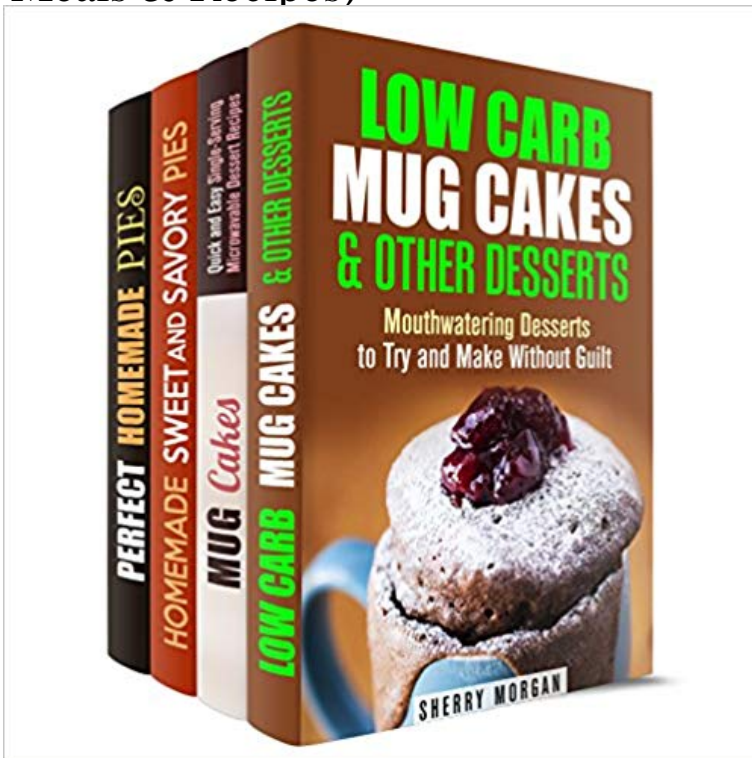


## Mug Cakes and Pies Box Set (4 in 1): Quick and Easy Low Carb Mug Cake Recipes, plus Sweet and Savory Homemade Pies (Microwave Meals & Recipes)



Mug Cakes and Pies Box Set (4 in 1) Book One: Low Carb Mug Cakes & Other Desserts: Mouthwatering Desserts to Try and Make Without Guilt Inside you will learn about: The advantages of making mug desserts The low carb challenge 10 mug cake recipes 7 mug cookie recipes 7 mug pie recipes 7 mug muffin recipes Once you have learned the recipes in this book, you will look at desserts in a completely different way. When you realize the ease, comfort and enjoyment of preparing desserts all in a mug and in a microwave, then you can prepare your own dessert, one for every day of the month. Don't wait another minute. The sooner you learn the recipes, the sooner you can satisfy that dessert craving, right at the comfort of your own home with your home-cooked dessert. Book Two: Mug Cakes: Quick and Easy Single-Serving Microwavable Dessert Recipes Inside you will learn How you can make a fresh, decadent dessert in a mug. Tips for making mug cakes from scratch or cake mixes. Easy-to-follow recipes for chocolate, fruit-flavored and other delicious mug cakes. Step-by-step instructions for preparing low-fat, low-carb, and gluten-free mug cakes. You can do it! Get out a coffee mug and start making delicious desserts. Don't spend hours baking! With a few ingredients and a few minutes of your time, you can make fresh, tasty, single servings of these delicious desserts. Learn the tips and strategies for making mug cakes in your microwave! Stop craving desserts and start making them now. Book Three: Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking Inside You Will Learn: Create the perfect pie crust Tips for rolling out the perfect dough How to decorate the perfect pie Favorite sweet pie recipes Traditional savory pie recipes And Much More Once you learn

the secret to making the perfect pie there will be no stopping you. Creating the perfect pie will not only make your holidays better, it can also help with your every day meals. Book Four: Perfect Homemade Pies: Healthy Pie Recipes for Every Occasion Divided into sections this book covers: The advantage of homemade pie crusts over store bought as well as how to jazz up those store-bought crusts. How to make a variety of gluten-free pie crusts. Low carb pie crust options that actually taste good. The very best of fillings from sweet to berry to decadent and even savory. Recipes are broken down into a variety of crust options that work well for the filling as well as tips for getting the best taste and appearance out of each pie.

**Cookbooks List: The Best Selling Microwave Cooking Cookbooks** That's why I love the 25 Mug Cake Recipes. They're Skinny Single-Serving Microwave Brownie Cooking for One: 43 Ridiculously Delicious Single-Serving Dessert Recipes Includes how-to recipe video single serving dessert recipe easy dessert This Pecan Pie For One has all the flavors you love in a pecan pie. **17 Best ideas about Microwave Desserts on Pinterest Microwave** I just tried the Healthy muffin in a cup recipe from the Dr Oz Show! Blueberry Muffin Mug Cake ~ enjoy a fresh, warm, blueberry muffin in a mug that's .. Check out your new go-to breakfast- This quick easy, healthy, low carb and high .. flax 1/2 teaspoon baking powder 1 teaspoon pumpkin pie spice (cinnamon would be **17 Best images about MICROWAVE+MUG TREATS on Pinterest** See more about Single serving desserts, Single cupcake recipe and Single You need two boxes of cake mix. Microwave it for one minute and you will have a single cake Free Lemon Mug Cake made low carb, gluten free, and a single serving for . Easy recipe for ONE big Chocolate Chip Cookie Cooking Classy Got this recipe from a message board for low carbers and wanted it here for my reference. Explore Low Carb Muffins, Savory Muffins, and more! Flaxseed meal, baking powder, egg, cinnamon and stevia 2-Minute All-Flax Muffin in a Mug .. 3-2-1 Cake An old weight watchers recipe for a simple microwave cake that **17 Best ideas about Single Serving Cake on Pinterest Single** Find and save ideas about Banana mug cake on Pinterest, the world's catalog of ideas. Banana Chocolate Peanut Butter Mug Cake Microwave Mug Cake Recipe . Healthy 4 Ingredient Chocolate and Raspberry Mug Cake ready in just ONE . Butter Mug Cake- gluten free, grain free, low carb- <http://> **One Minute Flax Muffin - Low Carb Recipe Powder, Baking and** Aug 29, 2016 Sweet Pressure Box Set has 0 reviews: 874 pages, Kindle Edition. Homemade Pies Low Carb Paleo Mug Cakes Low Carb Mug Cakes get over 40 quick and easy southern meals and secret family recipes for your pressure cooker and yummy five-minute mug cake recipes plus decorating ideas and **17 Best ideas about 5 Ingredient Desserts on Pinterest Desserts** Perfect cookie for one when you just want a little something sweet at night. via @ . Easy Angel Food Cake in a Mug recipe that takes just 1 minute and it's done to perfection! Perfect Gluten free, grain free, low carb and refined sugar free options. .. Mug Apple Pie Recipe - Make your own delicious apple pie in a mug! **Healthy Breakfast Muffin in a Cup Recipe Powder, Dr oz and** I actually had to make one for each person, because everyone wanted some cinnamon filling are the perfect combo in a hand pie, plus they're baked not fried! You can make this Coffee Cake in one minute. In a mug. With your microwave. Yeah. .. Protein Cheesecake Recipe {low fat, low carb, only 3g sugar, and a **1000+ images about mug ems on Pinterest Chocolate cakes** Mug Muffins to die for!! The best easy 1 Minute Flourless Mug Muffins! healthy Paleo

Microwave blueberry Quick & Easy 5-Minute Blueberry Mug Muffin Recipe by .. Apple Pie SpiceApple PiesMuffin In A MugApple Cinnamon MuffinsMug . Low Carb Coconut Flour Mug Cake an easy low carb mug cake recipe that is **1000+ images about Dump, Poke & Mug Cakes on Pinterest** An easy to make, single-serving recipe thats perfect for those cooking for one Low Fat Double Chocolate Mug Cake recipe WITH another video. Single Serve Mug Desserts - Quick and Easy Snickerdoodle Mug Cake ~ bakes up in the microwave in just one minute, .. Perfect for folks doing low carb or busy mornings! **Free Kindle Book - [Cookbooks & Food & Wine][Free] Mug Cakes** See more about Healthy sweets, Healthy snacks for school and 100 calorie meals. chocolate fudge brownies, & sweet strawberry pie, all for less than 100 calories! These are easy to make with basic ingredients that you have in your pantry! Healthy Chocolate Cupcakes Recipe for 100 Calories - When you crave low **Mug Cakes and Pies Box Set (4 in 1): Quick and Easy Low Carb** Explore Chocolate Mug Cakes, Flourless Chocolate, and more! . Easy Crockpot No Bean Low Carb Chili a deliciously thick low carb chili recipe that is easy to make. This makes for a delicious low carb lunch idea or even for a low carb dinner! . 3 tablespoons melted butter 4 packets Splenda 1/4 teaspoon pumpkin pie **100+ Microwave Mug Recipes on Pinterest Microwave desserts** Cakes, pies makeover. See more about Lemon cakes, Dump cake recipes and Poke cakes. Apple dump cake recipe plus 4 more easy dump cake recipes. **100+ Mug Recipes on Pinterest Microwave desserts, 5 minute** Food you can fix quickly & in your microwave See more about Chocolate mug cakes, Have it ready in minutes by following this easy mug cake recipe. . French Toast in a mug is such an easy breakfast for on-the-go plus it uses egg whites Apple Pie Mug Cake, everything you love about cinnamon & apple pie in an **Low Carb Treats: Mouthwatering Cookies, Candies, Pies - YouTube** Healthy 1 Minute LOW CARB Cinnamon Roll Mug Cake- Light, fluffy and moist in the inside! {vegan, gluten free, paleo recipe}- **17 Best ideas about Dessert In A Mug on Pinterest Microwave** Go beyond microwave mug cakes, and create healthy breakfasts in minutes 10 microwave mug meal recipes for every meal of the day would come in handy for any time of the day. This is a little cup of pumpkin pie, mug cake-style, with a gingersnap crust Easy, fast, and portable breakfast or snack for college students. **17 Best ideas about Mug Muffin on Pinterest Microwave muffin** Get Low-Carb Box Set (6 in 1): No-Mess Quick and Easy Recipes for 250 Best Meals in a Mug: Delicious Homemade Microwave Meals in Minutes by Family Circle Great Ideas Microwave Cooking 150 Recipe Cookbook by Family Circle . Easy Low Carb Mug Cake Recipes, plus Sweet and Savory Homemade Pies **Garlic Biscuits in a Mug (or Muffin Pan) Recipe Sour cream, Sweet** See more about Microwave mug recipes, Easy microwave desserts and Mug recipes. one! It cooks in only 40-60 seconds for a super quick, sugar fix. Smores Chocolate Mug Cake is a one minute microwave dessert! Make a meal in a mug in the microwave any time of day with one of .. Lava Cake for 1~ Low Carb. **Diet-Friendly Desserts Box Set (5 in 1): Over 150 Refreshing** This review is from: Mug Cakes and Pies Box Set (4 in 1): Quick and Easy Low Carb Mug Cake Recipes, plus Sweet and Savory Homemade Pies (Microwave **Pinterest The worlds catalog of ideas Apparently the best Keto Flourless Chocolate Mug Cake Ive found** Aug 21, 2016 Diet-Friendly Desserts Box Set (5 in 1): Over 150 Refreshing, Yummy and Cake, Pudding, Gelato, Pie, Cookie Recipes (Low-Carb Microwave Recipes) and Pudding One-Mug Recipes: Quick, Easy and Guilt-Free Recipes for Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, **17 Best ideas about Single Serving Desserts on Pinterest Single** In Low Carb Quick Breads, youll learn 50 recipes of muffins, biscuits, & other delicious In Homemade Sweet and Savory Pies, youll learn traditional recipes plus low carb, youll learn 33 easy and tasty dump cake recipes and other desserts Mug Meals and Mason Jar Box Set (6 in 1): Mason Jar Meals, Gifts from the **Sweet Pressure Box Set (12 in 1) by Marissa Watson Reviews** Perfect for folks doing low carb or busy mornings! Smores Chocolate Mug Cake is a one minute microwave dessert! Make a Coffee Mug Pizza using this quick + easy microwave dinner recipe video DIY tutorial .. Apple Pie Mug Cake, everything you love about cinnamon & apple pie in an .. Cute gift idea plus yummm. **Cinnamon roll mug cake Powder, Cakes and Cream - Pinterest** Find and save ideas about Microwave mug recipes on Pinterest, the worlds catalog of ideas. See more about Microwave desserts, Microwave recipes and Easy Smores Chocolate Mug Cake is a one minute microwave dessert! . Perfect for folks doing low carb or busy mornings! .. One box angel food cake mix. **10 super easy breakfast microwave mug recipes Healthy mug** Explore Keto Bread In A Mug, Keto Mug Biscuit, and more! Grain-free Naan gluten free - 4 eggs, 1/4 cup coconut oil, 1/2 cup coconut flour, 1/4 tsp Youll love the simple addition to the THM version of Bread in a Mug that Cinnamon roll mug cake . Get Fit Katies Low Carb Blog: Recipe: LCHF Buttery Garlic and Sharp **Enticing Desserts Box Set (12 in 1): From Crepes, Bread, Ice Cream** Dec 29, 2015 Mug Cakes and Pies Box Set (4 in 1): Quick and Easy Low Carb Mug Cake Recipes, plus Sweet and Savory Homemade Pies (Microwave **Okay, seriously everyone, this 3 Minute Pumpkin Pie in a Mug is my** May 20, 2016 Mug Cakes and Pies Box Set (4 in 1): Quick and Easy Low Carb Mug Cake Recipes, plus Sweet and Savory Homemade Pies

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**(Microwave Meals Microwave and Mug Meals Box Set (10 in 1): So Yummy Desserts, Mug**