

Microwave Mug Pizza (Microwave Mug Meals)

Prep Time - 5 mins

Cook Time - 1 min

Total Time - 6 mins



Learn how to make my amazing Microwave Mug Pizza recipe in just minutes.

You can add any toppings you'd like and it's faster and better than pizza delivery!

Cuisine: Italian

Servings: 1

Calories: 342 kcal

Author: adapted recipe from Kirbiecravings.com

Ingredients (all spoons are level measures)

- 4 tablespoons plain flour
- 1/8 teaspoon baking powder
- 1/16 teaspoon sodium bicarbonate (baking soda)
- 1/8 teaspoon salt
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 tablespoon marinara sauce (or tomatoes paste or possible tomatoes sauce)
- 1 generous tablespoon shredded mozzarella cheese (or grated cheese)
- 5 mini pepperoni or small pieces of bacon
- 1/2 teaspoon dried Italian herbs (basil or oregano will work)

Nutrition Facts

Calories 342 Calories from Fat 180

Fat 20g Saturated Fat 5g

Cholesterol 22mg

Sodium 998mg

Carbohydrates 27g

Fiber 1g

Sugar 4g

Protein 10g

Instructions

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.
2. Add in the milk and oil then mix together.
There might be some lumps but that is ok.
3. Spoon on the marinara sauce and spread it around the surface of the batter.
4. Sprinkle on the cheese, pepperoni, and dried herbs
5. Microwave for 1 minute 10 - 1 minute 20 seconds, or until it rises up and the toppings are bubbling (timing is based on my 1200W microwave so your timing might vary)
6. Enjoy straight away!

Recipe Notes

Cooking time will vary greatly depending on your microwave and the width and depth of the mug. The mugs I used are small, roughly 6oz (¾ / 1 cup)
Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook.

⅓ teaspoon is simply a ½ of a ¼ teaspoon

1/16 teaspoon is simply a ¼ of a ¼ teaspoon