Single Serving Wassel

### **INGREDIENTS**

SCALE1X2X3X

* 1 cup apple juice
* 1/4 cup orange juice
* 1/2 teaspoon lemon juice
* 2 teaspoons sugar
* 1/8 teaspoon cinnamon

Mix apple juice, orange juice  and a squirt of lemon juice in a mug. Stir in 2 teaspoons of sugar and a sprinkle of cinnamon. Heat in the microwave for a minute and a half or until warm. Stir again before drinking.

Wassail

1 minute cinnamon bun

With our recipe for 1 Minute Cinnamon Bun you can enjoy a cinnamon bun for [breakfast](http://www.mrfood.com/Misc-Breakfast-Recipes/18-Healthy-Breakfast-Recipes-to-Start-Your-Day-Out-Right), dessert, or anytime you want! All you need is a microwave, some easy ingredients from your pantry, and your favorite mug. Before you know it, you'll be enjoying a cinnamon bun that's all your own.

**What You'll Need:**

* 2 tablespoons applesauce
* 1 tablespoon vegetable oil
* 1 tablespoon milk
* 1/4 teaspoon vanilla extract
* 1/3 cup all-purpose flour
* 3 tablespoons packed light brown sugar
* 1 1/4 teaspoons ground cinnamon, divided
* 1/4 teaspoon baking powder
* 1/8 teaspoon salt
* CREAM CHEESE ICING
* 1 tablespoon cream cheese, softened
* 3 tablespoons confectioners' sugar
* 1 teaspoon milk

**What To Do:**

1. Coat an 8-ounce microwaveable mug with cooking spray.
2. In a small bowl, combine applesauce, oil, milk, vanilla, flour, light brown sugar, 3/4 teaspoon cinnamon, the baking powder, and salt. Reserve 1 tablespoon batter in another small bowl and place remaining batter in mug.
3. Add remaining cinnamon to 1 tablespoon batter, then swirl mixture into batter in mug.
4. Microwave 60 to 70 seconds, or until center is set. Let cool 4 to 5 minutes, then remove to a plate.
5. In a small bowl, combine icing ingredients, stirring until smooth. Spread on cinnamon roll and serve.

**Notes**

Our one minute recipes are not only a cinch, they're delicious, too! We also recommend you try our [Coffee Cake for One](http://www.mrfood.com/Cakes/Coffee-Cake-for-One)!

. For those days you just want to make one cookie......

1 tbsp. butter, melted;

1 tbsp. white sugar and

1 tbsp. brown sugar;

3 drops of vanilla;

pinch of salt;

1 egg yolk;

1/4 c. flour;

2 tbsp. chocolate chips

MICROWAVE 40-60 SEC IN A CUP OR BOWL. { It's like a hug from home.

Single serve hot coco

**1**cup [**milk**](https://www.food.com/about/milk-360)

* **1**tablespoon [**sugar**](https://www.food.com/about/sugar-139)
* **1**tablespoon [**cocoa powder**](https://www.food.com/about/cocoa-powder-136)
* **1⁄4**teaspoon [**vanilla**](https://www.food.com/about/vanilla-350)
* **1**dash [**cinnamon**](https://www.food.com/about/cinnamon-324)
* whipped cream or [**marshmallows**](https://www.food.com/about/marshmallow-358) (toppings) (optional)

### DIRECTIONS

1. heat milk in the microwave until hot.
2. mix in all ingredients until smooth.
3. (except toppings).
4. add toppings.
5. enjoy!

**Peach Cobbler in a Mug**

This microwave-made peach cobbler fits in any ol' coffee mug. The results will leave you with one word: yum!

Recipe by **[sarah](https://www.allrecipes.com/cook/2444107)**

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**Prep Time:**

10 mins

**Cook Time:**

2 mins

**Total Time:**

12 mins

**Servings:**

1

**Yield:**

1 mug

**Ingredients**

* 1 tablespoon butter
* 2 tablespoons white sugar
* 2 tablespoons all-purpose flour
* 1 tablespoon nonfat dry milk powder
* ⅛ teaspoon baking powder
* ⅛ teaspoon ground cinnamon
* 1 pinch salt
* 2 tablespoons water
* 1 (4 ounce) container diced peaches, well drained

**Directions**

1. Place butter into a microwave-safe cup and heat on high in the microwave until melted, about 20 seconds.
2. Combine sugar, flour, milk powder, baking powder, cinnamon, and salt in a small bowl; add water and stir. Transfer sugar mixture to the mug and stir with a fork until batter is well mixed. Add peaches to the top of the batter.
3. Heat in the microwave on 70 percent power for 2 minutes. Let the mug stand in the microwave for 1 minute more. Cool slightly.

Enjoy!