

(Free and download) Mug Cakes: Sweet Savory Recipes

## Mug Cakes: Sweet Savory Recipes

*Cinzia Trenchi*

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#4639975 in Books 2016-05-17Original language:EnglishPDF # 1 10.20 x .80 x 7.40l, .0 #File Name: 8854410195144 pagesAll you need is a mug or ramekin to cook one of these sweet and Savory recipesWhite Star Publishers booksSoftcover, 144 pages | File size: 77.Mb

**Cinzia Trenchi : Mug Cakes: Sweet Savory Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mug Cakes: Sweet Savory Recipes:

All you need is a mug or ramekinmdash;and a few minutesmdash;to cook one of these sweet and savory recipes. Because these microwavable meals are mixed, heated, and served in that single dish, therersquo;s little prep time and practically nothing to clean. The 60 ldquo;mug cakes,rdquo; many of them vegetarian or vegan, include Tomatoes and Capers; Spiced Tofu, Rice, and Walnut; Shrimp and Zucchini; and a yummy Chocolate, Coconut, Raisin and Banana Souffleacute;.

About the Author Cinzia Trenchi is a naturopath, freelance journalist, and photographer. She offers new interpretations of traditional recipes as well as classic favorites for books and magazines in Italy and abroad. She writes cookbooks that offer original and creative diets, mixing flavors and trying out unusual pairings to develop nutritious, enjoyable dishes. For White Star Publishers she created *Gluten-Free Gourmet Recipes*, *Fat-Free Gourmet Recipes*, *Chili Pepper*, *Smoothies Juices*, and the album *My Favorite Recipes*.