

# MEALS ON THE MOOVE

## CINNAMON SWIRL ROLLS IN A MUG



Brush a mug with butter- well. In a resealable plastic bag combine the following:

1. 9 tablespoons flour
2. 2 tsp sugar (I use turbinado)
3. Pinch of nutmeg
4.  $\frac{3}{4}$  tsp baking powder
5. Pinch of salt
6. Toss together and then add 3-4 Tablespoons milk
7. Mash together to form a dough.
8. Open the bag down the side and sprinkle with a bit of flour to press out the mixture.
9. Press to about 4 inches wide and 8 inches long
10. Brush melted butter on top of dough
11. Sprinkle with 2 tablespoons brown sugar and 1 teaspoon of cinnamon
12. Roll into a spiral and put into the buttered mug.
13. Microwave for 45-60 seconds or just set. Allow to rest while making the glaze.

### GLAZE:

1.  $\frac{1}{2}$  tablespoon butter
2. 1 tablespoon cream cheese
3. 2 tablespoons powdered sugar
4.  $\frac{1}{2}$  tsp cinnamon

Mix all together in a resealable bag. Microwave for 15 seconds until butter is melted and mash together. Snipe tip and swirl over cinnamon roll. Now dig in!

## STRAWBERRY DREAM OATMEAL

1.  $\frac{1}{2}$  cup quick oats
2. 1 teaspoon sugar (or to taste)
3. Dash of salt
4.  $\frac{1}{2}$  medium banana mashed
5. 4 tablespoons Strawberry milk
6.  $\frac{1}{4}$  teaspoon vanilla extract
7. 3 strawberries, diced, frozen

Coat a large, microwavable mug or small bowl with cooking spray. (easier cleanup). Add oats, sugar, and salt to mug. Stir to combine. Add banana, milk, and vanilla extract to oats. Stir until mixed in. Gently fold in strawberries. Microwave on medium power for 3-3  $\frac{1}{2}$  minutes, or until center is mostly set. Let stand in microwave for one minute.

Serve immediately. With additional berries!

