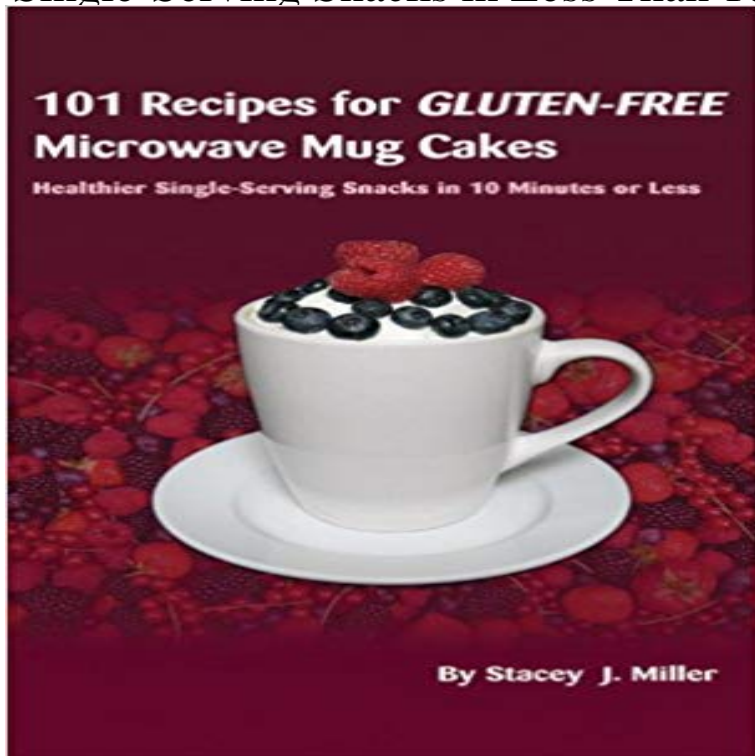


101 Recipes for Gluten-Free Microwave Mug Cakes: Healthier Single-Serving Snacks in Less Than 10 Minutes



Need a Gluten-Free Snack? Now you can bake a gluten-free microwave mug cake just for yourself in 10 minutes or less. All you need is: a microwave oven a mug a saucer, and a mixing bowl Don't Let Celiac Disease or a Gluten-Free Diet Keep You Away From Microwave Mug Cakes The gluten-free recipes for microwave mug cakes are so simple that anyone (adults and kids) can follow them. The result? Simple single-serving snacks ... the ultimate healthier microwave mug cakes that everyone can enjoy! Why sit in the background getting hungrier and crankier when your friends and relatives just because you have Celiac disease or a gluten allergy? Now you don't have to envy those who want a quick and easy dessert even if you do adhere to a special diet. If you have a microwave oven, you can have a delicious microwave mug cake, too, even if you don't know (or care) much about baking. And even if you have a small kitchen (or dorm) and limited cooking equipment. Because you'll bake it yourself with the ingredients you know are safe for you (and your friends and family members) to eat and digest, you can truly enjoy your treat. You'll know it's gluten free. And you'll know it's delicious.

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