



# 50 Mug Cake Recipes: Speedy Recipes for a Speedy Lifestyle

*Susan Tine*

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Food has always been a part of man's life. Nowadays, man no longer feed themselves with food with the sole purpose of surviving. In fact, food has evolved—and even man's need for food has evolved so differently compared to our cave dwelling ancestors. Today, food should not only satisfy man's hunger but it should also satisfy man's palate. Accordingly, food used to be served in huge platters and even until now in different cultures food is more often than not—a focal point of a social gathering. But, what about if you are on a diet? What about you are living alone? What about if you want to control portion sizes? Is there a way to do this? Yes, in fact the trend in food preparation nowadays lean on controlled serving sizes and so with Mug Cake Recipes. What's wonderful about mug cake recipes is that it is delicious, easy on the pocket and quick to make. These are the primary benefits that you gain from making mug cakes, but are that all there is to it? No, here are more reasons why mug cakes are great: • Mug cakes save a lot of money, time and resources. When I say this I mean that a box of that cake mix you are using will go a long way. Unlike baking that entire box of cake mix and force feeding yourself so that the cake won't go to waste, making mug cakes will help you stretch that box for a month. Plus, you get to create various cakes too—so you won't get easily tired with the same cake over and over again. • Many may say that sweets are a big no-no when it comes to dieting. For some, dessert is the cherry on top. So, why not make a mug cake where portions are controlled? This way, you won't pig out and avoid consuming the whole cake because there is no big cake to begin with—just a tiny mug of cake. I hope you'll enjoy creating these mug cake recipes I have in stored for you and keep you happy with the myriads of variations.

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