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You can find recipes similar to those provided here and more at the following websites:

www.Allrecipes.com

www.Bettycrocker.com

Portion Size Guide found at: www.webmd.com/diet

Food Group My Plate found at: www.choosemyplate.gov

Microwave Desserts



MICROWAVE PRALINES

INGREDIENTS:

- 1 ½ cups brown sugar
- 2/3 cup heavy cream
- 1/8 teaspoon salt
- 2 tablespoons margarine
- 1 ½ cups pecan halves
- 1 teaspoon vanilla extract

DIRECTIONS:

1. In a large microwave safe bowl, combine sugar, cream, salt, margarine and pecans. Microwave 9 minutes on High, stirring once. Let rest 1 minute. Stir in vanilla and continue to stir 3 minutes more. Drop by teaspoonfuls onto buttered wax paper. (If mixture is runny, allow to cool 30 seconds more and try again.)



CHOCOLATE COFFEE TOFFEE CHEX MIX

INGREDIENTS:

- 4 cups Chocolate Chex Cereal
- 4 cups Cinnamon Chex Cereal
- 1 cup bite-size pretzel twists
- 1 cup pecan halves
- ½ cup toffee bits
- 1 tablespoon instant coffee granules or crystals
- 1 teaspoon hot water
- 1 cup semisweet chocolate chips
- ¼ cup butter or margarine
- 1 cup powdered sugar



DIRECTIONS:

1. In large bowl, mix cereals, pretzels & pecans. Sprinkle toffee bits on top of the cereal mixture.
2. In small microwaveable bowl, stir coffee granules and water until coffee is dissolved. Add chocolate chips and butter. Microwave uncovered on High 1 ½ minutes, stirring after 1 minute, until mixture is smooth. Pour over cereal mixture; stir until evenly coated. Pour into 2-gallon resealable food-storage plastic bag.
3. Add powdered sugar. Seal bag; shake gently until well coated. Spread on waxed paper or foil to cool. Store in airtight container.

MICROWAVE APPLE CRISP

INGREDIENTS:

- 4 large Granny Smith apples- peeled, cored and sliced
- ½ cup butter, melted
- ¾ cup packed brown sugar
- ¾ cup quick cooking oats
- ½ cup all-purpose flour
- 1 teaspoon ground cinnamon
- ½ teaspoon allspice

DIRECTIONS:

1. Spread the apples evenly in an 8 inch square baking dish. A deep dish glass pie plate will also work. In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice. Sprinkle this topping evenly over the apples.
2. Cook on full power in the microwave for 10 to 12 minutes, until apples can easily be pierced with a knife. Enjoy!



EASY MICROWAVE CHOCOLATE CAKE

INGREDIENTS:

- 3 tablespoons butter, softened
- ¼ cup white sugar
- 1 egg
- 1 teaspoon vanilla extract
- ¼ cup milk
- ½ cup all-purpose flour
- 2 tablespoons cocoa powder
- ¼ teaspoon baking powder
- 1 pinch salt



DIRECTIONS:

1. Spray a medium microwave-safe bowl with non-stick spray and set aside. In a mixing bowl, combine the butter, sugar, egg, vanilla extract, and milk; blend together. Combine the flour, cocoa powder, baking powder and salt; blend into the mixture until smooth. Pour into greased bowl.
2. Cover and cook in the microwave on High for 2 to 2 ½ minutes, or until cake springs back when touched. Since all microwaves cook differently, adjust the cooking time to accommodate your machine. To serve, let the cake cool five minutes, then cover the bowl with a plate and turn both bowl and plate upside down so the cake falls onto the plate.

MICROWAVE FUDGE

INGREDIENTS:

- 4 cups confectioners' sugar
- ½ cup unsweetened cocoa powder
- ¼ cup milk
- ½ cup butter
- 2 teaspoons vanilla extract

DIRECTIONS:

1. Grease a 9x9 inch dish.
2. In a microwave safe bowl, stir together confectioners' sugar cocoa. Pour milk over mixture and place butter in bowl. Do not mix. Microwave until butter is melted, 2 minutes. Stir vanilla and stir vigorously until smooth. Pour into prepared dish.
3. Chill in freezer 10 minutes before cutting into squares.



MICROWAVE OVEN PEANUT BRITTLE

INGREDIENTS:

- 1 ½ cups dry roasted peanuts
- 1 cup white sugar
- ½ cup light corn syrup
- 1 tablespoon butter
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1 pinch salt (optional)

DIRECTIONS:

1. Grease a baking sheet, and set aside. In a glass bowl, combine peanuts, sugar, corn syrup, and salt. Cook in microwave for 6 to 7 minutes on High; mixture should be bubbly and peanuts browned. Stir in butter and vanilla; cook 2 to 3 minutes longer.
2. Quickly stir in baking soda, just until mixture is foamy. Pour immediately onto greased baking sheet. Let cool 15 minutes, or until set. Break into pieces, and store in an airtight container.



PEACH COBLER

INGREDIENTS:

- 1 tablespoon butter
- 2 tablespoons water
- 2 tablespoons all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon non-fat dry milk powder
- 1/8 teaspoon baking powder
- 1/8 teaspoon ground cinnamon
- 1 pinch salt
- 1 (4 ounce) container sliced peaches, well drained

DIRECTIONS:

1. Melt butter in a mug in microwave, about 20 seconds.
2. Stir water, flour, sugar, dry milk, baking powder, ground cinnamon, and salt into butter until well blended. Place peach slices on top of batter.
3. Microwave on Medium High until cooked through, about 2 minutes. Let stand in microwave for 1 minute to set.



CHERRY PISTACHIO BARK

INGREDIENTS:

- 1 ¼ cups dried cherries
- 2 tablespoons water
- 2 (11 ounce) packages white chocolate chips
- 4 (3 ounce) bars vanilla flavored candy coating
- 1 ¼ cups chopped pistachio nuts

DIRECTIONS:

1. In a small glass bowl, microwave cherries with water on high for 2 minutes; drain, and set aside.
2. In a separate microwave-safe bowl, microwave chocolate chips and candy coating together until melted and smooth, stirring occasionally. Stir in cherries and chopped pistachios, and spread into a wax paper-lined 15x10 inch pan. Chill for 1 hour, or until firm.
3. Cut into 1 inch squares, and enjoy. Store unused portion in an air-tight container.





COFFEE CAKE IN A MUG

INGREDIENTS:

- 1 tablespoon butter
- 2 teaspoons white sugar
- ¼ cup all-purpose flour
- 1 tablespoon applesauce, or as needed
- 1/8 teaspoon baking powder
- 2 drops vanilla extract, or to taste
- 1 pinch salt
- 2 teaspoons all-purpose flour
- 1 teaspoon butter
- 1 teaspoon brown sugar
- ¼ teaspoon ground cinnamon

DIRECTIONS:

1. Heat 1 tablespoon butter in microwave-safe mug until softened, about 10 seconds. Stir white sugar into butter until dissolved. Mix ¼ cup flour, applesauce, baking powder, vanilla extract, and salt into butter-sugar mixture until batter is smooth.
2. Mix 2 teaspoons flour, 1 teaspoon butter, brown sugar, and cinnamon together in a bowl using your hands until the texture of lumpy sand is reached; sprinkle over batter.
3. Cook in the microwave until coffee cake appears to be barely set, 50-80 seconds. Cool before eating.

CARROT CAKE IN A MUG

INGREDIENTS:

- ¼ cup white flour
- just over ½ teaspoon cinnamon
- ¼ teaspoon baking powder
- 1/8 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/8 teaspoon salt
- 2 ½ tablespoons brown sugar
- 1/3 cup canned carrots, drained (or steamed carrots, peeled)
- 1 tablespoon milk
- 1 tablespoon oil
- ¼ teaspoon vanilla extract

DIRECTIONS:

1. In a small bowl, mix dry ingredients (not carrots). Mix all wet ingredients with blender or simply fork-mash carrots well before combining with other wet ingredients.
2. Mix dry ingredients into wet and stir. Pour into microwaveable mug.
3. Cook for 1 minute 20 seconds. Let cool before removing from mug.

