

Simple Microwave Breakfasts

Yummy Microwave Porridge



Ingredients

¼ cup oats

½ cup milk

Pinch salt

Method

Put all the ingredients in a mug and mix well. Microwave on full for 2 minutes. Stir well, then cook for a further 2 minutes. Stir well and let stand for two minutes.

Serve warm with a spoon of honey or jam, or some fruit.

Eggy Bread in the Microwave



Ingredients

1 teaspoon butter or marge

1 egg

3 tablespoons milk

2 slices of bread.

In a small bowl, whisk together the eggs and milk with a fork

Method

In a separate mug, heat the butter until melted, about 20 seconds, the swirl around to cover the bottom of the mug.

Layer the bread and the egg and milk mixture into the mug, making sure all the bread is covered and then leave to soak for at least 10 minutes.

Microwave on full for 1 ½ minutes until firm

Microwaved Scrambled Eggs



Ingredients

1 teaspoon butter or margarine

2 eggs

Method

Melt the butter on full for 20 seconds until melted. Gently swirl it around the bottom of the mug. Add the eggs, beat slightly with a fork, and season with salt and pepper.

Microwave on full for 20 seconds, Stir, then cook for a further 20 seconds, stir, then cook again for 20 seconds, until just cooked.

Variation

Instead of cooking all the eggs at once, cook just enough to cover the bottom of the mug for about 30 seconds each. Mixture should be enough for 6 mini omelettes.

Microwave Egg and Bacon



Ingredients

2 rashers bacon,

1 egg

Method

Slice bread, cut into squares.

Put the bacon in the mug and cook on full for 45 seconds.

Add the bread and let it soak up the bacon fat.

Break the eggs into the mug and beat lightly with a fork. Season with salt and pepper.

Microwave on full for 2 minutes until the eggs are just cooked.