



# **The Secret Diary of Mug Cake Fantasies: Enjoy the Pleasure of Mug cake recipes in a Healthy Way**

*Bobby Flatt*

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For people having relentless sweet tooth, it feels nothing less than going into war to stop resisting for something sweet. I bet it's never convenient to go for making a batch full of brownies, cookies, or cupcakes which takes whole lot of processing time. The solution is right there in your mugs in the form of mug cakes or one can say, microwave mug cakes. This mug cakes cookbook will be your search end point to enjoy every day guilt-free dessert.

If someone has filled your mind with portraying mug desserts as full of sugar and butter; then it's not all true. There are lots of guilt free ways in which mug desserts can be enjoyed without stuffing bunch of calories. This mug recipes cookbook is the collection of 25 protein booster and guilt free mug cake recipes.

Mug desserts are fun way to eat healthy desserts & your favorite of fruits, and that is why this special collection of mug cake recipes includes some of the dream cake ingredients like Juicy strawberries, avocado, cherries, blueberries, blackberries, hazelnut, healthy oats, multi- grains, pumpkin, and so many protein rich products.

This mug recipes cookbook contains separate sections of protein booster recipes and guilt free recipes creating perfect fusion of nutrition & low-calorie diet. I have always wished my desserts to make contribution to my health plan and finally mug cake is the ideal solution that I can ever find!!

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