

Microwave Mug Pizza (Microwave Mug Meals)

★★★★★
4.45 from 667 votes

Prep Time

5 mins

Cook Time

1 min

Total Time

6 mins

Learn how to make my amazing Microwave Mug Pizza recipe in just minutes. You can add any toppings you'd like and it's faster and better than pizza delivery!

Course: Dinner

Cuisine: Italian

Servings: 1

Calories: 342 kcal

Author: [adapted recipe from Kirbiecravings.com](#)



Ingredients

- 4 tablespoons all purpose flour
- 1/8 teaspoon baking powder
- 1/16 teaspoon baking soda
- 1/8 teaspoon salt
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 tablespoon marinara sauce
- 1 generous tablespoon shredded mozzarella cheese
- 5 mini pepperoni
- 1/2 teaspoon dried Italian herbs (basil or oregano will work)

Instructions

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.
2. Add in the milk and oil then mix together. There might be some lumps but that is ok.
3. Spoon on the marinara sauce and spread it around the surface of the batter.
4. Sprinkle on the cheese, pepperoni, and dried herbs
5. Microwave for 1 minute 10 - 1 minute 20 seconds, or until it rises up and the toppings are bubbling (timing is based on my 1200W microwave so your timing might vary)
6. Enjoy straight away!

Recipe Notes

Cooking time will vary greatly depending on your microwave and the width and depth of the mug. The mugs I use are small, roughly 6oz ($\frac{3}{4}$ / 1 cup)

Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook.

$\frac{1}{8}$ teaspoon is simply a $\frac{1}{2}$ of a $\frac{1}{4}$ teaspoon

$\frac{1}{16}$ teaspoon is simply a $\frac{1}{4}$ of a $\frac{1}{4}$ teaspoon

Nutrition Facts

Microwave Mug Pizza (Microwave Mug Meals)

Amount Per Serving (1 g)

Calories 342 **Calories from Fat** 180

% Daily Value*

Fat 20g **31%**

Saturated Fat 5g **31%**

Cholesterol 22mg **7%**

Sodium 998mg **43%**

Carbohydrates 27g **9%**

Fiber 1g **4%**

Sugar 4g **4%**

Protein 10g **20%**

* Percent Daily Values are based on a 2000 calorie diet.