# Microwave Mug Pizza (as Grant made it, 2026-10-16, Transitions L1)

Source: Grant's picture recipe card (original saved as pizza-in-a-mug-original.pdf).

**Grant's changes from the card:** made in a BOWL instead of a mug, and microwaved for **1 min 15 sec** (card says 1 min 20 sec).

## You will need

- 4 tbsp flour
- 1/8 tsp baking powder
- 1/16 tsp baking soda
- 1/8 tsp salt
- 3 tbsp milk
- 1 tbsp olive oil
- 1 tbsp pizza sauce
- 1 tbsp mozzarella cheese
- pepperoni
- 1/2 tsp Italian seasoning

## Tools

bowl (card says mug), measuring spoons, spoon, spatula, microwave, oven mitts

## Steps (as on the card)

1. In the bowl: add flour, baking powder, baking soda, and salt.
2. Add milk and olive oil. Mix together. Spread the sauce on top. Sprinkle on the cheese.
3. Sprinkle on pepperoni and Italian herbs. Microwave for **1 min 15 sec** (Grant's time). Careful, it's hot!

## Notes for the log

- Challenge level: 1 of 3 (confirmed by Grant).
- Early-year option: short, 3-step picture card, measuring spoons only, one microwave step.
- Check allergens (wheat, milk) and the Food Interest Inventory before serving.