2 MINUTE OMELET IN A CUP

INGREDIENTS

• 1 large egg (or 2 additional egg whites)
• 2 large egg whites (or 1 additional whole egg)
• 2 tbsp unsweetened almond milk (or low fat milk of choice)
• Pinch salt & pepper (to taste)
• 2 tbsp Roma tomato, diced (or salsa)
• 2 tbsp cheese of choice

Optional Mix-Ins:

• 2 tbsp lean turkey or ham
• 1-piece bacon
• 2 tbsp red bell pepper, diced
• 5 spinach leaves, chopped
• 2 tsp chives, chopped
• 2 tbsp vegetable of choice

INSTRUCTIONS

• Spray a 12-16oz microwave safe mug with cooking spray.
• Add eggs, milk, seasoning, tomatoes and cheese to mug and beat together.
• Microwave, uncovered, on high for 1 minute. Remove mug and stir.
• Cook for an additional 1 minute, or until eggs are completely set.
• Remove from microwave and top with a sprinkle of additional cheese if desired.
• Let sit for a few minutes before enjoying, or take with you on the go!