

# Egg Mug

## Ingredients

- 2 eggs
- ¼ teaspoon vegetable oil or cooking spray
- ½ cup spinach
- 1 tablespoon diced onion
- 1 tablespoon diced mushroom
- Salt and pepper to taste

## Directions

- 1) Use ¼ teaspoon vegetable oil to coat inside of mug, or use cooking spray.
- 2) Add eggs to cup and mix together with fork.
- 3) Add other toppings and gently stir together.
- 4) Microwave egg mug for 1 minute and 30 seconds.
- 5) Ready to eat or take on the go!

*Tip: You can substitute any veggies and/or add cheese if you so please!*

Recipe adapted from [www.joyfulhealthyeats.com/2-minute-egg-omelet-mug/](http://www.joyfulhealthyeats.com/2-minute-egg-omelet-mug/)  
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**[uhs.berkeley.edu/studentnutrition](http://uhs.berkeley.edu/studentnutrition)**

**Nutrition Tip:**  
Pair this egg mug with a piece of fruit for a balanced breakfast!

