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/
Get more recipes at uhs.berkeley.edu/studentnutrition

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