

TEEN MICROWAVE MUG MONDAYS



This week we're making an Egg Scramble!

Prep Time :2 minutes

Cook Time: 2 minutes

Total Time: 4 minutes

Ingredients

- 2 eggs
- 2 tbsp whole milk
- 2 tbsp shredded cheddar cheese
- Cooking spray
- Salt and pepper to taste
- Optional: chopped ham, bacon, peppers, tomatoes, etc.



Instructions

1. Coat a 12-ounce microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended. Stir in optional add-ins.
2. Microwave 45 seconds at high power; stir. Microwave 30 to 45 seconds more, or until eggs are almost set (microwave ovens may vary, adjust cooking time accordingly).
3. Top with cheese, season with salt and pepper.

Source: <https://www.mrfood.com/Eggs/Coffee-Cup-Scramble>