# Egg Bite In A Mug

## INGREDIENTS

- 1 large egg
- 1 tablespoon milk (or dairy-free)
- 1 tablespoon shredded cheese of your choice
- Pinch of salt & pepper
- Optional mix-ins (choose 1–2 tablespoons):
  - Diced bell peppers
  - Spinach (chopped)
  - Ham, turkey, cooked bacon (chopped)
  - Cooked broccoli, tomatoes, or onions

Quick Bfast Taco
Scoop the egg bite into a tortilla and top with salsa and avocado!

## INSTRUCTIONS

1. Spray a microwave-safe mug with nonstick spray or lightly oil it.
2. Crack the egg into the mug and add the milk, cheese, salt, pepper, and your favorite mix-ins.
3. Stir well until everything is combined
4. Microwave on high for 45–60 seconds. If still runny, heat in 15-second bursts until fully cooked.
5. Let cool slightly. Tip the mug over to remove the egg or eat it right out of the mug!