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### **Microwavable Scrambled Eggs**

Don't trust your child around the stove yet? Let them cook their eggs using the microwave instead! This high-protein, fluffy snack (or meal), can be made in minutes. Even better, they're fun for kids to make!

Prep Time: 2 min. Cook Time: 3 min.

Serving size: 1 mug

Makes 1 serving

#### **Ingredients**

2 large eggs

1/4 cup low-fat cheese

#### **Directions**

1. Crack two eggs into coffee mug. Whisk for 10-20 seconds.
2. Microwave on high for approximately 90 seconds.
3. Remove mug from microwave.
4. Add low-fat cheese and seasonings of choice. Stir.
5. Place coffee mug back in microwave and heat for an additional 30-60 seconds.
6. Let eggs cool down for a minute or two before eating.