

High-Protein Microwave Mug Breakfast

This **Egg & Cottage Cheese Microwave Mug** is ready in minutes and keeps you full for hours

Ingredients

- 2 large eggs
 - ¼ cup cottage cheese
 - Salt & pepper to taste
 - Optional add-ins (choose 1–2):
 - Chopped spinach
 - Diced bell pepper
 - Green onions
 - Cooked turkey sausage or bacon
 - Garlic powder or paprika
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Instructions

1. Lightly spray or grease a microwave-safe mug (12–16 oz works best).
 2. Crack eggs into the mug and whisk well with a fork.
 3. Stir in cottage cheese, salt, pepper, and any add-ins.
 4. Microwave **1 minute**, stir, then microwave another **30–60 seconds** until eggs are just set.
(Cooking time may vary by microwave.)
 5. Let sit 30 seconds, then enjoy!
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Tips for Best Results

- Stir halfway to keep texture fluffy.
 - Avoid overcooking—eggs continue to set after heating.
 - Blend cottage cheese beforehand if you prefer extra smoothness.
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Why You'll Love It

- ✓ High-protein
- ✓ Ready in minutes
- ✓ Minimal cleanup
- ✓ Customizable & filling