

**WHY  
ACT  
NOW**

## MUG SCRAMBLE



### Ingredients

- 1 egg, large
- 1 tablespoon cheese, shredded
- Pepper to taste

### Directions

Spray microwave safe mug with cooking spray. Crack egg, lightly scramble and season with salt/pepper. Place in microwave, cover with wet paper towel. Cook on high for 30-40 seconds. If wet, cook additional 5-10 seconds. *Makes 1 serving.*

<b>Nutrition Facts</b>	
Serving Size 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 102	Calories from Fat 67
<b>% Daily Values*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 8g	<b>16%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**Breakfast is the most important meal of the day to start your day off right!  
This recipe is not only nutritious, but perfect if you are short on time.**