



All-American Egg Mug



Entire recipe: 173 calories, 4g total fat (1g sat. fat), 730mg sodium, 7.5g carbs, <0.5g fiber, 2g sugars, 22g protein

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Prep: 5 Minutes **Cook:** 5 Minutes



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Ingredients

- 1 frozen meatless or turkey sausage patty with 80 calories or less
- 1 tbsp. sugar-free pancake syrup
- 1/2 cup fat-free liquid egg substitute
- 1 slice fat-free American cheese

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave sausage patty until warm. (See package for cook time.)

Crumble sausage into pieces and return to the mug. Add syrup and toss to coat. Add egg substitute, stir, and microwave for 1 minute. Stir and microwave for 1 more minute, or until set.

Tear cheese into pieces and add to the mug. Microwave for 15 seconds, or until cheese has melted. Stir and eat!

MAKES 1 SERVING

HG FYI: Not all sausages are gluten free, so read labels carefully if that's a concern.

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