



Egg Mug Mexicali



Entire mug: 116 calories, 0.5g total fat (0g sat. fat), 579mg sodium, 5.5g carbs, 1.5g fiber, 1.5g sugars, 21.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
1/4 cup frozen ground-beef-style soy crumbles (like the ones by Boca and MorningStar Farms)
2 tbsp. shredded fat-free cheddar cheese
1 tbsp. salsa

Directions

Spray a large microwave-safe mug lightly with nonstick spray. Add egg substitute, soy crumbles, and cheese, and stir.

Microwave for about a minute. Stir gently, and then microwave for another 30 - 45 seconds, until scramble is just set.

Stir, top with salsa, and enjoy!

MAKES 1 SERVING

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