

EASY DORM RECIPES

SCRAMBLED EGGS IN A MUG

There is nothing better for breakfast than hot scrambled eggs smothered in melted cheese. In only 2 minutes you can have a hot, protein-packed breakfast or snack that will get you through your classes.

WHAT YOU NEED:

- Microwave
- Microwavable Coffee Mug/Bowl
- Spoon/Fork
- Cooking spray
- 2 eggs
- 2 tablespoons milk
- 2 tablespoons shredded cheese
- Salt, pepper, and any other herbs you choose to use

INSTRUCTIONS:

- 1.** Spray a microwave safe coffee mug or bowl with cooking spray.
- 2.** Add eggs and milk and beat till blended.
- 3.** Microwave on HIGH for 45 seconds; stir.
- 4.** Microwave until eggs are almost set, 30 to 45 seconds longer.
- 5.** Top with cheese and season with salt, pepper, and herbs.
- 6.** Stir and enjoy!