

MINI OMELETTES

- For a quick weekday breakfast, spray a microwave-safe mug with cooking oil.
- In a bowl beat **1 large** egg, **2 tablespoons** low-fat milk or water, a little bit of salt and pepper, and hot sauce to taste.
- Mix in your favorite chopped fresh veggies (optional).
- Microwave the mug on high for **1 minute** or until egg is fully cooked and not wet.

