



Egg Mug Florentine



Entire recipe: 107 calories, 1.5g total fat (1g sat. fat), 525mg sodium, 5g carbs, <0.5g fiber, 2.5g sugars, 14.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

- 1 tsp. plain fat-free yogurt
- 1 tsp. creamy Dijon mustard
- 1 drop lemon juice
- 1/2 cup chopped spinach leaves
- 1/2 cup fat-free liquid egg substitute
- 1 wedge The Laughing Cow Light Creamy Swiss cheese

Directions

In a small bowl, mix yogurt, Dijonnaise, and lemon juice.

In a large microwave-safe mug sprayed with nonstick spray, microwave spinach for 30 seconds, or until slightly wilted.

Blot away excess moisture. Add egg substitute and cheese wedge, breaking the wedge into pieces. Stir and microwave for 1 minute.

Stir and microwave for 1 more minute, or until set. Stir, top with yogurt mixture, and enjoy!

MAKES 1 SERVING

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