



## Egg McMuggin'



Entire mug: 174 calories, 3.25g total fat (1g sat. fat), 1081mg sodium, 9g carbs, 1g fiber, 2.5g sugars, 25g protein

**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)  
One wedge The Laughing Cow Light Creamy Swiss cheese, cut into pieces  
1 1/2 oz. (about 3 slices) extra-lean ham, chopped  
One-half slice light bread (40 - 45 calories and at least 2g fiber per slice)  
1 tbsp. shredded fat-free cheddar cheese

## Directions

Toast bread and cut into cubes. Spray a large microwave-safe mug lightly with nonstick spray. Add bread cubes, egg substitute, cheese wedge pieces, and ham, and stir.

Microwave for about a minute. Stir gently, and then top with shredded cheese.

Microwave for another 30 - 45 seconds, until scramble is just set. Stir and enjoy!

### MAKES 1 SERVING

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