Fluffy Cheese & Chive Egg Mug

Entire recipe: 112 calories, 1.5g total fat (1g sat. fat), 400mg sodium, 3g carbs, 0g fiber, 1.5g sugars, 18.5g protein

Click for WW Points® value*
WW Points® value 1*

Total: 5 minutes

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Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
3 tbsp. low-fat cottage cheese
1 tsp. fresh chopped chives, or more for topping
1 tsp. grated Parmesan cheese
1 dash black pepper

Directions

In a large microwave-safe mug sprayed with nonstick spray, combine all ingredients. Mix well. Microwave for 1 minute.

Gently stir. Microwave for 1 more minute, or until set.

MAKES 1 SERVING

Want to give this egg mug a go? Click to see how.

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