



# Pesto & Feta Egg Mug



Entire recipe: 234 calories, 12g total fat (5g sat. fat), 628mg sodium, 6.5g carbs, 0.5g fiber, 2g sugars, 23g protein

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**Total:** 5 minutes



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## Ingredients

- 1/2 cup chopped spinach
- 3/4 cup (about 6 large) egg whites or liquid egg substitute
- 1/4 tsp. garlic powder
- 2 tbsp. whipped cream cheese
- 1 tbsp. pesto, or more for topping
- 1 tbsp. crumbled feta cheese
- Optional topping: fresh basil

## Directions

Spray a large microwave-safe mug with nonstick spray. Add spinach, and microwave for 30 seconds, or until slightly wilted.

Blot away excess moisture. Add egg whites/substitute and garlic powder. Mix well. Microwave for 1 minute.

Stir in cream cheese and pesto. Microwave for 1 minute and 15 seconds, or until set.

Top with feta.

### MAKES 1 SERVING

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