Coffee Mug Egg Scramble

Ingredients:
Eggs, 3
Low-fat shredded cheese, 1/4 cup
Diced bell peppers, 1/2 cup
Fresh spinach, 1 cup
Herbs and spices of choice
Coffee mug

Directions:
1. Crack three eggs into coffee mug. Whisk for 10-20 seconds.
2. Microwave on high for 90 seconds.*
3. Take out mug and add low-fat cheese, bell peppers, and seasonings. Stir.
4. Place back in microwave for an additional 30-60 seconds.*
5. Grab a utensil and go!

*Cooking times may vary based on strength of microwave.