

Microwave Scrambled Eggs

Portions: 1

Ready in: 5 minutes

Ingredients:

- 2 large eggs
- 1 Tbsp milk
- Pinch of salt free spice blend
- 1 tsp oil

Instructions:

1. Grease a microwave safe mug or dish with oil.
2. Add eggs and milk to the mug and season with salt free spices. Blend well with a fork.
3. Microwave mixture on high heat for 40 seconds, then stir again, and microwave in 40 second intervals until eggs are well-cooked.

Tip:

- Eggs need to be well-cooked until solidified. Undercooked eggs may result in foodborne illness.

