

COFFEE CUP SCRAMBLE

You can easily make this in your dorm room. All you need is the following equipment:

- Microwave
- Refrigerator
- Microwave-safe Mug

DIRECTIONS:

Spray your mug with cooking spray. Crack two (2) eggs into your mug. Scramble to break up the yolks. Add some cheese and/or veggies. Microwave for 45 seconds.

WARNING: Be sure to keep an eye on your eggs because they may rise over the top of your mug while cooking.

Enjoy on a cracker, bagel, or english muffin. Top with your choice of sauce. (We like HOT sauce!)



Costs and Nutrition:

Eggs are high in protein -
1 dozen - \$1.66

Hot Sauce - This spice is known for adding flavor and boosting your metabolism.
5 fluid oz. - \$3.65

Cheddar Cheese - Low in sugar and carbohydrates.
8 oz. bag - \$3.29

Wasa Bran Crackers - High in fiber.
9.7 oz - \$2.99