

Messy Mug Meal: *Basic Omelette*

THM-Friendly: S

- 2 whole eggs
- 2 sausage links, cut into diced pieces
- 1/2 jalapeno, deseeded (if desired) and diced
- a small amount of fresh spinach, ripped into small pieces
- 2 Tbsp. cheese of choice, more or less

In a large (20ish oz.) mug, spray well.

Crack eggs into the mug and scramble. Add the rest of the ingredients. Mix together with a fork. Put in microwave for one minute. Stir. Continue this until cooked. Add sauce if desired.

enJOY!

NOTE: It is a wise idea to put your mug on a plate, unless you want to clean your microwave, that's entirely up to you.

