

Messy Mug Meal: *Chilaquiles*

THM-Friendly: S

- 1 low-carb wrap
- 2 eggs
- [Chilaquiles Sauce](#), made and ready at the go
- Cotija cheese, optional

Microwave the low-carb tortilla on a plate for 1 minute, flip, and microwave again for 45 seconds. Then break into pieces.

Spray a large (20ish oz.) mug with cooking spray. Place a few tortilla "chips" in the bottom, add some sauce, a few more chips, then crack in an egg. Place some sauce, some chips, a little more sauce, and another egg, sauce, rest of the chips, smidge more sauce. Microwave for one minute, check and microwave for another minute; repeat until done.

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.

