



## Breakfast in a Cup: Eggs and Veggies.

1 serving

5 minutes

### Ingredients

- 1 Egg
- 1/4 tbs Psyllium Husk Powder
- 1/2 oz Cheddar Cheese (shredded)
- 1 cup Arugula (or Spinach)

### Nutrition

Amount per serving	
Calories	138
Fat	10g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g
Sodium	170mg
Potassium	154mg
Calcium	163mg
Iron	1mg
Phosphorous	174mg

### Directions

- 1 Coat coffee cup with avocado cooking spray.
- 2 Crack the eggs into the coffee cup. Add psyllium husk and whisk well. Then add cheese and chopped greens.
- 3 Place the cup in the microwave for 45-60 seconds.
- 4 Enjoy!

### Notes

**More veggies:** Add other veggies of preference, such as chopped mushrooms, tomatoes, zucchini, etc.

**Additional Toppings:** Chili flakes, hot sauce or salsa.