

Egg Scramble Mug

Ingredients:

Eggs	2
Milk	2 tablespoons
Oil	1 teaspoon

Directions:

1. Coat the inside of a microwave safe coffee mug with oil using a paper towel.
2. Add eggs and milk and beat with a fork until blended.
3. Microwave on high for 45 seconds on high power and remove from the microwave and stir with a fork.
4. Return the mug to the microwave and cook for an additional 30 seconds.
5. Enjoy!

Serves 1



Tips:

You can add salt and pepper or grated cheese after the egg has cooked. Scrambled eggs are a great finger food that is high in protein for your baby. Just be sure to properly cool the egg before serving to children!

