# Eggy Muggin (serves 1)

**Ingredients**

* **1/4 cup baby spinach leaves.**
* **1 tablespoon frozen peas, defrosted.**
* **1 tablespoon broccoli, shredded with a knife.**
* **1 teaspoon grated cheese (mozzarella, cheddar, parmesan or feta works well).**
* **2 eggs.**
* **Sea salt and freshly ground black pepper, to season.**

**Directions**

**1. Place the green veggies, cheese of choice, salt and pepper into a mug. Crack in the eggs and lightly whisk all together.  
  
2. Place in the microwave and cook on high for 2 minutes.**