

Messy Mug Meal: *Greek Omelette*

THM-Friendly: S

- 2 whole eggs
- 2 slices Canadian bacon, diced
- 1 tsp. (splash) heavy cream (not necessary)
- 1 Tbsp. mozzarella
- 1/2 small tomato, diced
- 4-5 Kalamata olives, sliced (black is also an option)
- a small slice yellow or red onion, diced (optional)
- a small handful of fresh spinach, cut small
- 1 Tbsp. feta

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

Crack eggs into the mug. Add the rest of the ingredients, except feta.

Mix together with a fork. Put in microwave for one minute. Stir. Continue this until cooked.

Add feta and cook for about 30 seconds.

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.



<https://www.joyfullifewithkj.com/messy-mug-meals/greek-omelette>

