

## Messy Mug Meal: *Lasagna* THM-Friendly: S

- 2 [Wonder Wraps](#), cut or ripped into small pieces (that will be layered in the mug)
- cooked burger
- 2 spoonfuls of cheese, cottage and/or ricotta, mix together if using both
- oregano
- onion powder
- garlic
- Rao's marinara sauce
- mozzarella shredded cheese

Spray a large (20ish oz.) mug with cooking spray. Layer ingredients, starting with a little bit of sauce, 2 gobs of cheese mix, little meat, gob of Mozzarella, layer a few pieces of Wonder Wraps, and repeat until full.

Put the mug in the microwave for one minute. Check to see if it's done, then repeat until done. Probably 3-4 minutes total.

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.

