

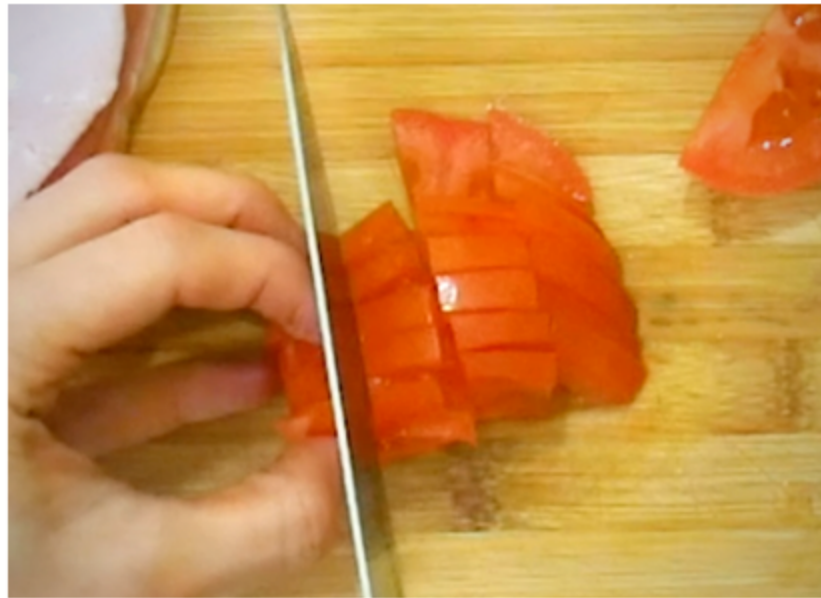
COOKING WITH CASTLE

EGG MUG MUFFIN

INGREDIENTS

- 2 eggs
- 1/4 tomato
- 1/2 slice ham
- 1/4 cup fresh spinach
- 1/4 cup grated cheese
- Salt and pepper to taste

METHOD



1. Dice Tomato



2. Dice Ham



3. Chop Spinach



4. Beat Eggs



5. Add Cheese



6. Microwave 2 min



7. Bon Appétit

