

? 5-Minute Mug Quiche: The Fastest, Fluffiest, Easiest Breakfast Hack You Need

? Tired to Cook? This 5-Minute Mug Quiche Is Your New Best Friend



TIME
5 min

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INGREDIENTS

Swaps and Notes:

Dairy Swaps: If you're dairy-free, swap the milk for any plant-based milk and use a dairy-free cheese alternative.

Protein Boost: Add 1-2 teaspoons of cooked, crumbled sausage, bacon bits, or diced ham for extra protein. Just make sure they are already cooked.

Veggies: Feel free to swap the mushrooms and spinach for diced bell peppers, cherry tomatoes, or finely chopped broccoli. Keep the total volume of mix-ins under 3 tablespoons to ensure it cooks evenly.

Spice: A dash of hot sauce stirred in, or a pinch of red pepper flakes, can give this a nice morning kick.

DIRECTIONS

1. This is the fastest cooking method you'll ever encounter for a savory egg dish.
2. **Step 1: Prep the Base:** In a microwave-safe mug (one that is wide and tall works best), gently beat the egg and milk together with a fork until they are just combined and slightly frothy.
3. **Step 2: Stir in the Fillings:** Add the shredded cheese, chopped mushrooms, spinach, salt, pepper, and any optional herbs or protein you're using. Stir everything gently to distribute the ingredients evenly in the egg mixture.
4. **Step 3: Microwave Magic:** Place the mug in the microwave. Cook on high for 1 minute.
5. **Step 4: Check and Finish:** Carefully check the doneness. The edges should look set, and the center should be mostly firm. If the center still looks liquid, microwave for another 30 to 45 seconds more, checking again. Be careful not to overcook, or the quiche will become rubbery.
6. **Step 5: Rest and Serve:** Let the mug quiche rest for 1 minute before eating. It will be piping hot, and the resting time helps it finish setting. Eat it right out of the mug!

SWAPS & NOTES

Egg 1 large Essential for structure and fluff.

Milk 1 tbsp Any milk works: dairy, almond, oat.

Shredded Cheese 2 tbsp Cheddar, mozzarella, or a mixed blend works great.

Chopped Mushrooms 1 tbsp Adds an earthy, savory note.

TIPS FOR SUCCESS

Mind the Microwave Wattage: Microwave power varies wildly.

If you have a powerful microwave, start with 50 seconds and then add time in 15-second increments to avoid overcooking.

Choose the Right Mug: Use a standard, wide-mouth mug (about 10-12 oz).

Narrow mugs can cause the mixture to overflow.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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