

This 2-Minute Microwave Mug Omelet Is a Game-Changer for Busy Mornings

2-Minute Microwave Mug Omelet



TIME
2 min

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INGREDIENTS

- 2 large eggs
- 2 tablespoons milk (or a dairy-free alternative)
- Salt and pepper to taste
- 1 tablespoon shredded cheese (cheddar, mozzarella, or your favorite)
- 1 tablespoon diced bell peppers
- 1 tablespoon diced onions
- 1 tablespoon cooked ham or bacon (optional)

DIRECTIONS

- 1. Prepare : Your Mug:** Choose a microwave-safe mug that can hold at least 12 ounces. This will give your omelet enough room to expand as it cooks.
- 2. Mix the : Eggs:** Crack the two eggs into the mug. Add the milk, salt, and pepper. Use a fork to whisk everything together until well combined. This is a great time to let your kids help out!
- 3. Add : Your Fillings:** Stir in your choice of cheese, vegetables, and any optional meats. Feel free to get creative here; the possibilities are endless!
- 4. Microwave:** Place the mug in the microwave and cook on high for 1 minute. After the minute is up, check the omelet. If it's not fully set, microwave in 15-second intervals until cooked through.
- 5. Enjoy:** Let the mug sit for a minute to cool slightly, then dig in with a fork. You can even top it with salsa or avocado for an extra kick!

TIPS FOR SUCCESS

Use Fresh Ingredients: Fresh vegetables and quality cheese can elevate the flavor of your omelet significantly.

Experiment with Spices: Add a pinch of paprika, garlic powder, or even hot sauce to give your omelet a unique twist.

Make It Ahead: You can prep your ingredients the night before.

Just store them in the fridge and mix them in the morning for an even quicker breakfast.

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

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