



California Love Mug



Entire recipe: 140 calories, 4.5g total fat (1.5g sat fat), 456mg sodium, 7g carbs, 2g fiber, 3g sugars, 16g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Prep: 5 minutes **Cook:** 5 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1/2 cup chopped fresh spinach
- 1/2 cup sliced mushrooms
- 1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 2 tbsp. diced tomatoes
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 1 oz. (about 2 tbsp.) diced avocado

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave spinach and mushrooms for 1 1/2 minutes, or until softened.

Blot away excess moisture. Add egg substitute, stir, and microwave for 1 minute.

Mix in tomato and cheese wedge, breaking the wedge into pieces. Microwave for 1 minute, or until set. Top with avocado and enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.