

Directions: Cut the cards out and fold at the middle line. Leave a present or treat in the dishwasher and another at the end with the final birthday card. The directions for the 3 minute quiche in a mug are included!

Happy birthday to you.
Happy birthday to you.
Now hurry and open
the gift. It's for you!

Your first present was an
excellent treat now sit on
the couch and put up
your feet!

Happy Birthday to you!
I'll give you a clue to begin an
adventure too good to be true!
For your first birthday treat head
to the room in which we eat!

This quiche in a
mug will be a
delight.
Microwave for 3
and then take a
bite!

Recipe for Quiche in a Mug from www.bowlodelicious.com

Spinach and Cheddar Microwave Quiche in a Mug

Author: Elizabeth Lindemann Prep time: 2 mins Cook time: 3 mins Total time: 5 mins



This quiche takes only five minutes to make, and is a high protein, veggie-packed breakfast to kickstart your day! No more excuses for not eating breakfast.

Ingredients

- ½ cup chopped frozen spinach, thawed and drained (or ½ cup packed fresh spinach)
- 1 egg
- ⅓ cup milk
- ⅓ cup shredded cheddar cheese
- 1 slice cooked bacon, chopped (optional)
- salt and pepper, to taste

Instructions

1. If using fresh spinach, place it in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for one minute. Remove from microwave and drain the water and liquid from spinach thoroughly.
2. If using frozen spinach, make sure it is completely thawed and drained and add it to the mug.
3. Crack the egg into the mug with the spinach and add the milk, cheese, bacon (if using), and salt and pepper. Mix until thoroughly combined.
4. Cover with a paper towel and microwave on high for 3 minutes, or until fully cooked.