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Kidney-Friendly Breakfast in a Mug Recipes

By Katherine Schury



Breakfast is ready, come and get it! Just eggs, a few pantry staples, and a microwave oven are all that is needed for five quick and easy kidney-friendly breakfasts. Make ahead for an even faster route to your tummy the next day.



1

Italian Roots

1 mug = 1 serving

Ingredients

2 large whole raw eggs
 ½ tablespoon shredded parmesan cheese
 ½ teaspoon ground basil (or one fresh basil leaf)
 ½ teaspoon oregano (fresh or dried)
 ¼ teaspoon garlic (fresh or dried)

Directions

Grease a microwave-safe coffee mug with a nonstick oil spray.

Crack both of the eggs into the mug.

Add the parmesan cheese, basil, oregano, and garlic.

Mix all of the ingredients together with a spoon or fork.

Place the mug in the microwave and cook on the highest power (usually around 1200 watts) for 1-2 minutes or until done. Eat directly from mug or unmold onto a plate.



2

Mediterranean Style

1 mug = 1 serving

Ingredients

2 large whole raw eggs
 1 tablespoon crumbled feta cheese
 2 raw spinach leaves
 2 fresh chives

Directions

Grease a microwave-safe coffee mug with nonstick oil spray.

Crack both eggs into the mug.

Add the feta cheese and spinach.

Mix all of the ingredients together with a spoon or fork.

Place the mug in the microwave and cook on the highest power (usually around 1200 watts) for 1-2 minutes or until done. Eat directly from mug or unmold onto a plate.





Dessert for Breakfast

1 mug = 1 serving

Ingredients

¼ cup quick-cooking plain oatmeal, dry
1 large whole raw egg
½ teaspoon brown sugar
1 tablespoon any type of berry (fresh, dried, frozen, or jam)
2 fresh mint leaves

Directions

Grease a microwave-safe coffee mug with nonstick oil spray.

Add the oatmeal, and crack the egg in the mug.

Stir the two together.

Sprinkle in the brown sugar.

Place the mug in the microwave and cook on the highest power (usually around 1200 watts) for 1-2 minutes or until done. Top with the berries or jam, and mint leaves.



The Taste of Country Time

1 mug = 1 serving

Ingredients

1 large whole raw egg
½ cup unsweetened applesauce
1 teaspoon ground cinnamon
1 fresh mint leaf

Directions

Grease a microwave-safe coffee mug with nonstick oil spray.

Add unsweetened applesauce to the mug.

Crack the egg into the mug.

Stir both ingredients.

Add the cinnamon.

Place the mug in the microwave and cook on the highest power (usually around 1200 watts) for 1-2 minutes or until done. Eat directly from mug or unmold onto a plate.



Eccentric Taste

1 mug = 1 serving

Ingredients

2 large whole raw eggs
½ teaspoon chili powder
½ teaspoon grated parmesan cheese
½ sprig of fresh rosemary (or dried)

Directions

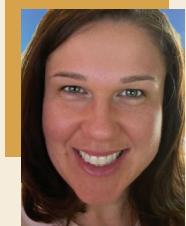
Grease a microwave-safe coffee mug with nonstick oil spray.

Crack the eggs into the mug.

Add the chili powder, parmesan cheese, and rosemary.

Mix the ingredients together.

Place the mug in the microwave and cook on the highest power (usually around 1200 watts) for 1-2 minutes or until done. Eat directly from mug or unmold onto a plate.



Katherine Schury is a Clinical Regulatory Coordinator in clinical trials at Loyola University Chicago. She is also the social media chair of the renal practice group through the Academy of Nutrition and Dietetics.

Recipe/single serving	Calories	Protein (g)	Fat (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
Italian Roots	158	14	11	183	159	97	215
Mediterranean Style	114	12	8	245	192	119	157
Dessert for Breakfast	173	9	6	73	167	42	185
The Taste of Country Time	126	6	5	74	165	61	106
Eccentric Taste	158	14	10	202	172	90	221

