



Cottage Cheese Egg Bites

Macros: 80 Calories; 7g Protein; 1g Carbs; 5g Fat

Ingredients (Makes 12 egg bites)

- 8 eggs
- 1 cup cottage cheese. Any fat content between 0% - 2% will work
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ tsp onion powder
- ½ cup cheese shredded
- 1 cup mix-ins of choice ie. chopped spinach, diced peppers, broccoli florets, cooked sausage, ham etc.

Instructions

1. Preheat oven to 350 F and lightly grease a silicone muffin tray. I like using non-stick cooking spray to help ensure the egg bites easily slide out of the tray once baked (though a little oil will work as well)
2. In a blender, add eggs cottage cheese, and spices. Blend until smooth.
3. Divide the egg mixture into the prepared silicone muffin tray (pouring about ¼ cup in each cavity).
4. Top each cup with cheese and desired mix-ins. Use the back of a spoon to gently mix the toppings into the egg cups. You may want to add a sprinkle of additional cheese to the top of each cup.
5. Bake for about 18-22 minutes or until the egg cups are no longer jiggly and the eggs look set. Allow to cool slightly before removing it from the tray.

Notes

- If you would like to substitute whole eggs for egg whites, I recommend using about 1.5 cups of egg whites (about 12 egg whites). However please note the version without whole eggs may be more wet and not quite as fluffy!
- Storage: I recommend storing these in the fridge in an airtight container.