

COTTAGE CHEESE EGG BITES

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 teaspoon onion powder
- 1 ½ cup shredded cheese
- 1 cup mix-ins of choice (e.g. 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

Substitutions: 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.