



# HIGH-PROTEIN SPINACH AND CHEESE EGG MUFFINS

Recipe by Jenn Lueke /

**Servings**  
12 servings

**Prep time**  
10 minutes

**Cooking time**  
30 minutes

## Ingredients

10 large eggs

1 + 1/3 cups cottage cheese

1/2 tsp garlic powder

1/2 tsp kosher salt

1/2 tsp black pepper

1 cup baby spinach, finely chopped

1 cup shredded cheddar cheese

## Directions

- 1 Preheat oven to 325 degrees F and spray a non-stick 12-muffin tin with neutral oil. If you do not have a non-stick muffin tin, you can also use silicone muffin liners.
- 2 Add the eggs, cottage cheese, garlic, pepper, and salt to a blender or food processor and blend on high speed until completely smooth, 30 to 45 seconds.
- 3 Equally distribute all of the spinach and cheddar throughout the 12 muffin molds, then pour the egg mixture on top, one at a time, until just about full.
- 4 Bake until slightly golden on top and a toothpick comes out clean, 24 to 26 minutes, then let cool completely on the counter. The muffins will deflate slightly as they cool.
- 5 Once cooled, remove each one from the muffin tin with a small silicone spatula and serve. Store leftovers in an airtight container in the refrigerator for 3-4 days or in the freezer for up to a month. Reheat in the microwave, air fryer, or oven until warmed fully.

The way I make them usually make

Skip the spinach – replace with precooked sausage,  
Cooked bacon or ham cubes

Easiest with silicone muffin tray – no spray needed

