



INGREDIENTS:

- * 6 large whole eggs
- * 1/2 cup cottage cheese (full-fat or low-fat)
- * 1/2 cup shredded cheddar cheese (or your favorite cheese. I switch up with Monterey Jack.)
- * 1/4 cup chopped fresh spinach (or cooked veggies you love. I personally enjoy using green onion for flavor.)
- * 1/4 teaspoon salt
- * 1/4 teaspoon freshly ground black pepper (or to taste. I also add crushed red peppers. So good!)
- * Butter (for greasing the muffin cups)

Protein Power Egg Bites

Directions:

Preheat the oven to 350°F (175°C). Lightly grease a 12-cup silicone muffin pan with butter.

In a blender, combine the eggs, cottage cheese, and salt. Blend until smooth.

Divide the chopped spinach and shredded cheddar evenly among the muffin cups. Pour the egg mixture on top, filling each about 3/4 full.

Bake for 20–25 minutes, or until the egg bites are puffed and set.

Let cool slightly, pop them out, and enjoy! They will slightly deflate. You can store your leftovers in the fridge for up to 5 days

Pro tip: I individually wrap about half of the batch in parchment paper and the foil and toss them in the freezer. Great for road trips and errands. Just put a foil-wrapped egg bite on the dash and let Mother Nature warm them for you.