

High-Protein

Cottage Cheese Egg Bites



30g protein before 9 a.m. No crash. No cravings

Ingredients:

- 6 eggs
- 1 cup cottage cheese
- ½ cup shredded cheese (cheddar, mozzarella, etc.)
- ½ cup chopped veggies (spinach, bell peppers, onions, mushrooms, bacon bits)
- salt & pepper to taste

Instructions:

- Preheat oven to 350°F (175°C).
- Blend eggs and cottage cheese until smooth.
- Stir in shredded cheese, veggies, salt, and pepper.
- Pour into greased muffin tin (about ¾ full each).
- Bake 20–25 minutes, until set and golden.
- Cool slightly before removing.