



Breakfast Protein Egg Bites

Makes 12 egg bites

Ingredients:

6 eggs + 4 egg whites
1 cup low-fat cottage cheese
½ cup reduced-fat feta cheese
1 cup red or green bell pepper, chopped
1 cup spinach, chopped
1 cup onion, chopped
Black pepper
Garlic powder
Paprika (optional)

These easy egg bites are flavorful and full of protein. They're perfect for grabbing on the go and are a great way to sneak in some extra veggies at breakfast.

Instructions:

1. Preheat oven to 325 degrees.
2. Lightly spray a 12-cup muffin tin.
3. Sauté the bell pepper, onion, and spinach in a pan with a little olive oil until soft.
4. Combine the eggs, egg whites, cottage cheese, and feta cheese. Whisk until smooth.
5. Season lightly.
6. Pour egg mixture into muffin cups, top with cooked veggies.
7. Bake 35 to 40 minutes, or until set.