



# 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)

## **Instructions:**

1. Preheat oven to 325 degrees.
2. Lightly spray a 12-cup muffin tin.
3. Saute' 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.

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.