



COTTAGE CHEESE EGG MUFFINS

INGREDIENTS

ITEM

Large Eggs
Cottage Cheese
Spinach, finely chopped
Bell Pepper, finely diced
Salt and Pepper

QUANTITY

4
½ Cup
½ Cup
¼ Cup

SERVING SIZE

4

PREPARATION

- 👉 Preheat oven to 350°F and lightly grease a muffin tin.
- 👉 In a bowl, whisk eggs and cottage cheese until fully combined.
- 👉 Stir in spinach, bell pepper, salt, and pepper.
- 👉 Pour mixture evenly into muffin cups (about $\frac{3}{4}$ full).
- 👉 Bake 18-22 minutes, until centers are set and slightly golden.
- 👉 Cool for 2-3 minutes before removing.