

CHEDDAR, TURKEY & CHIVE PROTEIN MUFFINS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Eggs	4	Reduced-Fat Shredded Cheddar Cheese	⅓ Cup
Low-Fat Cottage Cheese	½ Cup	Chopped Fresh Chives	2 Tbsps.
Plain Greek Yogurt	½ Cup	Garlic Powder	¼ Tsp.
Oat Flour	½ Cup	Black Pepper	¼ Tsp.
Baking Powder	1 Tsp.	Pinch of Salt	
Lean Deli Turkey, finely chopped	3 Oz.		

SERVING SIZE **3 JUMBO MUFFINS**

PREPARATION

- Preheat the oven to 350°F. Spray a 6-cup jumbo muffin pan or line with silicone muffin liners.
- In a blender, blend eggs, cottage cheese, and Greek yogurt until smooth.
- Transfer to a bowl and stir in oat flour, baking powder, garlic powder, pepper, and salt.
- Fold in turkey, cheddar, and chives.
- Divide evenly among the muffin cups.
- Bake for 20-24 minutes, until puffed and the centers are set.
- Let cool for 5 minutes before removing from the pan.

© BioIntelligent Wellness. All rights reserved. Unauthorized reproduction or distribution is prohibited.