

A vertical photograph on the left side of the page shows three egg bites in a dark-colored muffin tin. The egg bites are golden yellow with melted cheese on top and some visible green herbs. The background of the page is a solid bright yellow.

Egg Bites

Ingredients

- 6 large eggs
- $\frac{3}{4}$ cup whole milk cottage cheese
- $\frac{1}{4}$ teaspoon sea salt
- Freshly ground black pepper

Instructions

- Preheat the oven to 350°F and grease a nonstick muffin tin.
- In a blender, place the eggs, cottage cheese, salt and several grinds of pepper. Blend until smooth.
- Evenly divide the mixture among the muffin cups (about $\frac{1}{4}$ cup of mixture per muffin cup).
- Bake for 15 to 20 minutes, or until the eggs are set. Let cool for 5 minutes before removing from the pan.

Notes:

- This is a base recipe. Feel free to add your own mix-ins, such as cooked vegetables, meats or cheeses.
- Mix-ins are best added by placing about half of the mix-ins into the muffin cups, pouring the egg mixture over them, and then topping with the rest of the mix-ins.

MAKES 12 EGG BITES. NUTRITION PER SERVING: CALORIES: 50
| CARBOHYDRATES: <1G | PROTEIN: 5G | FAT: 3G | FIBER: 0G

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