



Egg & Veggie Muffins

PREP TIME

20 min

COOK TIME

20-25 min

TOTAL TIME

40 min

SERVINGS

6

COST

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COURSE

Breakfast

INGREDIENTS

- 1 cup cottage cheese
- 8 large eggs
- ½ tsp salt
- ¼ tsp black pepper
- ½ cup shredded cheese of choice
- ½ cup chopped spinach
- ½ cup chopped bell pepper
- ½ cup chopped ham or cooked turkey bacon (optional)
- Any other veggies you would like to add
 - Feel free to adjust topping amounts to your liking

INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease a nonstick muffin tin with cooking spray. Set aside.
2. In a blender, combine the cottage cheese, eggs, salt, and pepper. Process until well combined and fairly smooth.
3. Sprinkle the chopped veggies and meat, if using, in the bottom of each muffin cup. (about 2-3 Tbsp of veggies and meat total per cup)
4. Pour in 1/4-1/3 cup egg mixture over the top of the veggies and meat in each cup. Add less at first to make sure each muffin gets some of the egg mixture and then evenly distribute any remaining mixture. The muffin cups should be anywhere from 1/2-3/4 full. Sprinkle shredded cheese on top.
5. Bake for 20-25 minutes until no longer jiggly in the center. The egg muffins may puff quite a bit while baking, that's normal. They will settle as they cool.
6. After removing pan from oven, allow muffins to cool for a few minutes before taking them out of the pan. Serve warm, room temp, or chilled. These freeze great to thaw or reheat as needed!

NOTES

Vegetable Suggestions

Mushrooms, onions, tomatoes, and more!

Get creative with your flavors! Make this into a mediterranean style by using Italian seasoning to taste, feta cheese, sundried tomatoes, and basil!



Follow these tips for ideas on how to include your kids while making this recipe

1. Have your kids help dump all the ingredients into the blender.
2. Have your kids help decide which mix-ins to use

