



Roasted Red Pepper & Cheddar Cheese High-Protein Egg Muffins

Created by [Jenn Eats Good](#)



MAKES 12 SERVINGS

Ingredients

- 10 large eggs
- 1 1/3 cups cottage cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1 cup chopped roasted red peppers
- 1/2 cup shredded cheddar cheese

Directions

1. Preheat oven to 325F and spray a non-stick 12-muffin tin with neutral oil. If you do not have a non-stick muffin tin, you can also use silicone muffin liners.
2. Add the eggs, cottage cheese, garlic, pepper, oregano, and salt to a blender or food processor and blend on high speed until completely smooth, 30 to 45 seconds.
3. Equally distribute all of the roasted red peppers and shredded cheddar throughout the 12 muffin molds, then pour the egg mixture on top, one at a time, until all are full.
4. Bake until slightly golden on top and a toothpick comes out clean, 24 to 26 minutes, then let cool completely on the counter. The muffins will deflate slightly as they cool.
5. Once cooled, remove each one from the muffin tin with a small silicone spatula and serve.