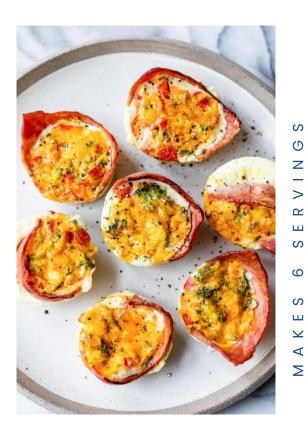


High Protein Egg White Muffins

with Turkey Bacon, Cottage Cheese, & Veggies

Created by Sugar Spun Run

Start your day off with a punch of protein! Mix and match different toppings or mix-ins to capture your favorite flavor profile.



Ingredients -

- 1/2 tablespoon extra virgin olive oil
- 16-ounce carton egg whites
- 5.3-ounce container 2% cottage cheese, a little over 1/2 cup
- 1/2 teaspoon garlic powder
- 1/4 teaspoon seasoning salt, like adobo
- 1/4 cup chopped shallots or red onion
- 1/4 cup chopped scallions
- 1 medium orange or red bell pepper, chopped
- 1/2 cup chopped steamed broccoli or frozen
- 6 slices Applegate uncured turkey bacon, cut in half (from 18 oz package)
- 1/4 cup sharp shredded cheddar cheese
- olive oil spray

Directions -

- Preheat the oven to 350F. Spray a nonstick
 12 cup muffin tin VERY generously with oil so the eggs don't stick.
- Sautéed the shallots, scallions and bell pepper in oil over medium-low heat, cook until tender, 5 to 6 minutes.
- 3. Add the broccoli and cook 1 more minute.

- 4. Meanwhile, in a large bowl combine the egg whites, cottage cheese, garlic powder and seasoning salt.
- 5. Add the veggies and mix.
- 6. Using 12 cup muffin tin, line each cup with a half slice turkey bacon around the edges and pour in the egg mixture, about 1/3 cup each.
- 7. Top with the shredded cheese and bake in the center of the oven about 25 minutes, until set.