



# 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.



M A K E S 6 S E R V I N G S

## Ingredients

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- 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 1 8 oz package)
- 1/4 cup sharp shredded cheddar cheese
- olive oil spray

## Directions

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1. Preheat the oven to 350F. Spray a nonstick 12 cup muffin tin VERY generously with oil so the eggs don't stick.
2. 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.