

## Easy Cottage Cheese Egg Bites - High-Protein Breakfast on the Go

Cottage Cheese Egg Bites - Easy, Protein-Rich & Meal-Prep Friendly



**OVEN**  
**350°F**

**TIME**  
**22 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 4 large eggs ?
- ¾ cup cottage cheese ?
- ... cup shredded cheddar cheese (or cheese of choice) ?
- ... cup diced bell peppers ?
- ... cup chopped spinach ?
- ... tsp salt ?
- ... tsp black pepper ?
- ... tsp garlic powder

### DIRECTIONS

1. Preheat Oven: Preheat to 350°F (175°C).
2. Grease a 12-cup muffin tin or line with silicone liners.
3. Mix Ingredients: In a large bowl, whisk the eggs.
4. Add in cottage cheese, cheddar, veggies, and seasonings. Stir until well combined.
5. Pour and Bake: Divide the mixture evenly between muffin cups-filling about ¾ full.
6. Bake for 18-22 minutes, or until egg bites are set and lightly golden on top.
7. Cool and Serve: Let cool for 5 minutes before removing from the tin.
8. Enjoy warm, or store for later.

### TIPS FOR SUCCESS

Blend the mixture if you prefer a smoother texture with no visible cottage cheese curds.

Use silicone liners or a nonstick pan to prevent sticking.

These are great reheated in the microwave or air fryer .

Let them cool completely, wrap individually, and store in a freezer bag for up to 3 months.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-cottage-cheese-egg-bites-high-protein-breakfast-on-the-go/>