

Fluffy Baked Eggs with Cottage Cheese - 30 Minute Breakfast Win

Baked Cottage Cheese Eggs: The Ultimate Protein-Packed Breakfast



OVEN
350°F

TIME
10 min

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INGREDIENTS

- 6 large eggs
- 1 cup cottage cheese (full-fat for best texture)
- 1/4 cup milk
- 1/4 cup shredded cheddar cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Chopped spinach, tomatoes, onions
- Cooked bacon or sausage
- Fresh herbs like chives, dill, or parsley

DIRECTIONS

1. Preheat : Oven to 350°F (175°C). Grease a 9x9 inch baking dish.
2. Whisk : Together eggs, cottage cheese, milk, cheddar, salt, and pepper in a large mixing bowl.
3. Stir in : Optional Add-ins like cooked sausage or fresh veggies.
4. Pour : Mixture into the prepared dish.
5. Bake for 25-30 minutes, or until eggs are set in the center.
6. Cool for 5 : Minutes before slicing and serving.

SWAPS & NOTES

Cheese: Swap cheddar for Monterey Jack, Swiss, or feta.

Milk: Use almond, oat, or heavy cream depending on your dietary needs.

Add-ins: Go Mediterranean with spinach and feta, or southwestern with jalapeños and salsa.

Instructions Preheat Oven to 350°F (175°C).

TIPS FOR SUCCESS

Let the mixture rest while the oven preheats to help distribute flavors.

Use full-fat cottage cheese for creaminess and richness.

For a golden top, broil the last 2 minutes-but watch closely!

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

Original recipe: <https://chefmaniac.com/fluffy-baked-eggs-with-cottage-cheese-30-minute-breakfast-win/>