

Cottage Cheese Egg Bites: Protein-Packed Breakfast Goodness

Why You'll Love These Cottage Cheese Egg Bites



OVEN
350°F

TIME
10 min

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INGREDIENTS

1 cup cottage cheese
6 large eggs
1/2 cup shredded cheese (cheddar, Swiss, or your favorite)
1/2 cup chopped vegetables (spinach, bell peppers, or onions work beautifully)
Salt and pepper, to taste
Optional: fresh herbs like chives or parsley for extra flavor

DIRECTIONS

- 1. Preheat the Oven:** Set your oven to 350°F (175°C) and lightly grease a 12-cup muffin tin with cooking spray or oil.
- 2. Blend Cottage Cheese and Eggs:** In a blender, combine the cottage cheese and eggs. Blend until completely smooth - this gives the egg bites that soft, fluffy texture.
- 3. Add Cheese, Veggies, and Seasoning:** Pour the blended mixture into a large bowl. Stir in the shredded cheese, chopped vegetables, salt, pepper, and herbs (if using). Mix well so everything is evenly distributed.
- 4. Fill the Muffin Tin:** Carefully pour the mixture into each muffin cup, filling them about 3/4 full. The mixture will puff up slightly while baking.
- 5. Bake:** Place the muffin tin in the oven and bake for 20-25 minutes, or until the egg bites are set and lightly golden on top.
- 6. Cool and Serve:** Let them cool for a few minutes in the tin, then gently remove the egg bites. Serve warm or store them in the fridge for easy breakfasts throughout the week.

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

Original recipe: <https://chefmaniac.com/cottage-cheese-egg-bites-protein-packed-breakfast-goodness/>