



Cottage Cheese & Veggie Breakfast Muffins

Makes: 12 muffins (6 servings)



Ingredients

- 8 large eggs
- 1 cup low-fat cottage cheese
- 1 cup baby spinach, chopped
- 1 red bell pepper, diced
- ½ cup shredded cheddar cheese
- ½ cup cooked turkey sausage, crumbled
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt and pepper to taste



Instructions

1. Preheat oven to 375°F and lightly grease a 12-cup muffin tin.
2. Wisk eggs and cottage cheese until smooth.
3. Stir in spinach, bell pepper, cheddar cheese, turkey sausage, and seasonings.
4. Divide mixture evenly among muffin cups.
5. Bake for 20–25 minutes, or until set and lightly golden.
6. Allow to cool for 5 minutes before removing from the pan.



Meal Prep Tips

- Store in the refrigerator for up to 5 days.
- Freeze in a freezer-safe container for up to 2 months.
- Reheat in the microwave for 30–45 seconds.



Nutrition Highlights

Per serving (2 muffins):

- ~20–25g protein
- Low in added sugar
- Packed with veggies
- Easy grab-and-go option