

Prep Time	10 minutes
Cook Time	20-22 minutes
Total Time	30-32 minutes
Yield	12 egg bites (1 standard muffin tin)
Skill Level	Easy
Cuisine	American / Meal Prep

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Why You'll Love This Recipe

These cottage cheese egg bites are a protein powerhouse—each bite delivers roughly 9 grams of protein thanks to the combination of whole eggs, cottage cheese, and optional add-ins. The cottage cheese does double duty: it adds creaminess (no rubbery eggs here!) and boosts the protein content without extra effort. They're naturally low-carb, gluten-free, and

endlessly customizable. Bake a batch on Sunday and you've got breakfast handled for the week—reheat in 30 seconds and you're out the door.

Ingredients

Base:

- 6 large eggs
- 1 cup (225 g) full-fat or 2% cottage cheese (small-curd blends smoothest)
- 1/4 cup (25 g) shredded cheese—sharp cheddar, Gruyère, or mozzarella
- 2 tbsp milk (any kind) or water
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder (optional)
- Pinch of red pepper flakes (optional, for heat)

Add-ins (choose 1-2, keep total to ~3/4 cup):

- 1/3 cup chopped spinach, squeezed dry
- 1/4 cup crumbled cooked bacon or diced ham
- 1/4 cup finely diced bell pepper (pat dry)
- 2 tbsp finely chopped chives or green onion
- 1/4 cup sautéed mushrooms (cooled, excess moisture removed)

Equipment:

- 12-cup standard muffin tin
 - Nonstick spray or paper liners (silicone liners work best)
 - Blender or immersion blender
 - Mixing bowl
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Instructions

Step 1: Preheat & Prep (5 minutes)

Preheat your oven to 350°F (175°C). Grease a 12-cup muffin tin generously with nonstick spray, or line with silicone or paper liners. *Note: if using paper liners, spray them too—egg bites love to stick.* If you're using add-ins like spinach or peppers, squeeze or pat them dry now. Excess moisture is the #1 cause of soggy bites.

Intensity: Low — simple assembly.

Step 2: Blend the Base (2 minutes)

Add the eggs, cottage cheese, milk, salt, pepper, garlic powder, and red pepper flakes to a blender. Blend on medium speed for 20–30 seconds, just until smooth and frothy. Don't over-blend—you want everything combined, not whipped into a meringue. Alternatively, use an immersion blender in a deep bowl or whisk vigorously by hand (expect a slightly more textured bite).

Intensity: Low — one quick pulse session.

Step 3: Fold in Add-ins (1 minute)

Pour the blended mixture into a mixing bowl and stir in your shredded cheese and chosen add-ins with a spatula. Reserve a small spoonful of add-ins to sprinkle on top if you like a prettier finish.

Intensity: Low.

Step 4: Fill the Cups (2 minutes)

Divide the mixture evenly among the 12 muffin cups, filling each about 3/4 full (roughly 1/4 cup per cup). Leave a little headroom—the bites puff up in the oven and settle as they cool.

Tap the tin gently on the counter to release air bubbles.

Intensity: Low.

Step 5: Bake (20-22 minutes)

Bake on the middle rack at 350°F (175°C) for 20-22 minutes, until the centers are just set. They should look puffed, slightly golden at the edges, and a toothpick inserted in the center should come out clean or with only fine moist crumbs. *Start checking at 18 minutes*—ovens vary, and overcooking makes them spongy.

Intensity: Low — hands-off oven time. Set a timer and walk away.

Step 6: Cool (5 minutes)

Remove from the oven and let the tin rest on a wire rack for 5 minutes. The bites will deflate slightly—that's normal and expected. Run a thin knife or small offset spatula around the edges to loosen, then lift out.

Intensity: Low.

Step 7: Serve or Store

Serve warm as-is, or with hot sauce, salsa, or avocado. To store: refrigerate in an airtight container for up to 4 days, or freeze for up to 2 months. Reheat in the microwave for 20-30 seconds (from fridge) or 60-90 seconds (from frozen).

Intensity: Low.

Time & Intensity Summary

Phase	Time	Intensity
Prep & preheat	5 min	Low
Blend base	2 min	Low
Fold add-ins	1 min	Low
Fill cups	2 min	Low
Bake	20-22 min	Low (hands-off)
Cool & release	5 min	Low
Total	~30-32 min	Easy

Nutrition (per egg bite, based on 12 servings, using 2% cottage cheese, cheddar, and no meat add-ins)

Nutrient	Amount
Calories	~85 kcal
Protein	~9 g
Carbohydrates	~1.5 g
Fat	~5 g
Saturated Fat	~2 g
Cholesterol	~100 mg
Sodium	~180 mg
Sugar	~1 g