# Dylan's High Protein Egg Bites

## Ingredients:

- 12 eggs
- 1 cup cottage cheese any fat content between 0% - 2% work best though
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ tsp onion powder
- ½ cup cheese shredded
- 1 cup mix-ins of choice ie. chopped spinach, diced peppers, broccoli florets, cooked sausage, ham etc.

## Instructions

1. Preheat your oven to 350. Grab a muffin tray and lightly grease it. I usually just hit it with some non stick spray so the egg bites pop right out after baking. A little oil works too, just don't skip this step unless you want them stuck.
2. Throw your eggs, cottage cheese, and spices into a high powered blender. Blend it until it's completely smooth. No chunks.
3. Pour the mixture evenly into the muffin tray, about a quarter cup per slot. Don't overfill them.
4. Now add your cheese and whatever mix ins you want on top. Bacon, peppers, spinach, whatever you're feeling. Take the back of a spoon and gently press it down into the egg mixture so it's all combined. If you're a cheese guy like me, add a little extra on top.
5. Bake for 18 to 22 minutes. You're looking for the eggs to be set and not jiggly in the middle. Let them cool for a few minutes before taking them out so they hold their shape.

That's it. Simple, high protein, easy to meal prep. This is one of my favorite on the go breakfasts that are perfect for building muscle when you're on a time crunch!