

RECIPE

# Egg, Cottage cheese & Veggie Muffins



Makes about 12 muffins

Protein: ~13–16g per muffin

## Ingredients

- 8 large eggs
- 1 cup cottage cheese
- 1/2 cup shredded cheddar cheese
- 1/2 cup diced bell pepper
- 1/2 cup chopped spinach
- 1/3 cup chopped onion
- 1/2 cup cooked bacon or sausage (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- Cooking spray or oil, for greasing

## Instructions

**1. Preheat oven to 375°F (190°C) and generously grease a 12-cup muffin tin.**

**2. Whisk the eggs in a large bowl until fully combined.**

**3. Add cottage cheese, salt, pepper, and garlic powder; whisk again.**

**4. Stir in cheddar cheese, bell pepper, spinach, onion, and cooked bacon or sausage if using.**

**5. Divide mixture evenly among muffin cups, filling each about 3/4 full.**

**6. Bake for 18–22 minutes until set and lightly golden.**

**7. Cool for 5 minutes before removing and serving.**

## **Tips**

Fridge: 4–5 days

Freezer: up to 2 months

Reheat: 8–10 minutes at 325°F

Veg swap ideas: zucchini, mushrooms, broccoli, or green onions

## **Diet Tip**

The Metabolic Reset Diet is the kind of real-food, real-life eating I focus on. It's not a diet and you definitely don't go hungry or feel deprived. It's about learning our own patterns, building habits that actually stick, and making better, more informed choices over time