

# Cottage Cheese Egg Bites

These nutrient-dense Cottage Cheese Egg Bites are the perfect post-workout snack to fuel muscle repair. Brimming with vegetables, protein, and healthy fats, they're filled with foundational building blocks to nourish your cells.

With the addition of **CanPrev's L-Glycine** powder, this recipe supports muscle protein synthesis and athletic recovery by optimizing tissue repair. Meal prep a batch of these savoury bites for the ultimate grab-and-go snack to fuel your week!



**Preparation time: 50 mins | Servings: 12**



## Ingredients

- 6 large eggs
- 1½ cup 2% cottage cheese
- 1 cup baby spinach, chopped
- ¾ cup egg whites
- ¾ cup red peppers, diced
- ½ cup red onion, diced
- ½ tsp sea salt
- ¼ tsp garlic powder
- ¼ tsp black pepper
- 5 scoops L-Glycine

## Method

1. Preheat oven to 350°F.
2. In a high-speed blender, combine cottage cheese, eggs, egg whites, seasoning and L-Glycine and blend until smooth and well combined.
3. In a greased or parchment-lined muffin pan, divide chopped vegetables and then pour the egg mixture evenly overtop.
4. Bake for 35 minutes or until the tops are set and golden. If you're making mini egg cups, bake for about 12 minutes until golden and puffy.
5. Allow egg cups to cool slightly before serving.

**Storage Instructions:** Store in an airtight container in the refrigerator for up to 4 days, or freeze for up to 6 weeks.

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## Developed by: Joyce Baddour



Joyce is a health enthusiast and recipe creator on a mission to empower individuals to transform their health with delicious and nourishing blood sugar-friendly recipes.

