

Egg Bites

Servings: 3

INGREDIENTS

3 EGGS
1/4 CUP MILK
1/4 CUP COTTAGE CHEESE
1/2 CUP ROASTED VEGETABLES,
CHOPPED
SEA SALT



DIRECTIONS

STEP 1: Mix all ingredients, except vegetables.

STEP 2: Pour into 12 mini-muffin tin. Top with vegetables.

STEP 3: Bake at 250 for 15-20 minutes.

Serve with 1 cup of fruit

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 113, Fat 6g, Carbs 4g, Fiber 1g, Sugars 3g, Protein 10g

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