



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

High Protein Veggie Egg Bake

This is perfect for the entire week for meal prep and also a great option for holidays when you are feeding many and don't want a ton of dishes while making breakfast. You can pair it with a toasted english muffin or fresh fruit as your carb source.

Ingredients

- 10 large eggs
- 1.5 cup good culture reduced fat cottage cheese
- 1 cup reduced fat shredded cheddar cheese
- ½ cup milk
- Salt and pepper to taste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 diced yellow bell pepper
- 1 diced red bell pepper
- ½ medium yellow onion diced
- 1 medium zucchini diced

Directions

1. Preheat oven to 375 F
2. In a blender add eggs, cottage cheese, cheddar cheese, milk, salt, pepper, garlic powder, onion powder and blend for 30 seconds or until smooth
3. Add the egg mixture to a large mixing bowl and then add in chopped veggies and mix all together
4. Transfer to a sprayed baking dish and top with a sprinkle of more cheese.
5. Bake for 30-40 minutes.
6. Take out and let cool for at least 10 minutes before cutting.

Makes around 6 equal servings (less depending on size of baking dish. I used a lasagna sized dish)

Macros per serving: 225 calories 23 protein 7 carb 12 fat