



EGG BITES

1/3 cup blended cottage cheese

1/3 cup milk

6-7 eggs

2 tsp. **Lemony Dill Seasoning**

1 tsp. **Sunset Seasoned Salt**

1 tsp. **Cheesy Bacon & Chive Seasoning**

Black Pepper

3 strips bacon, cooked crisp and crumbled

1/2 cup grated Swiss or cheddar cheese

2 cups chopped veggies- choose cooked leftovers or add raw (peppers, grape tomatoes, onion, asparagus, spinach and/or mushrooms)

Preheat oven to 325°F – the lower temp prevents rubbery eggs. In your blender add cottage cheese, blend until smooth, add eggs, milk and seasonings. Blend for 20 seconds. Grease your muffin tins. Drop your add ins to the muffin tin (about a tablespoon) and top up with egg mixture. Bake for approximately 18-22 minutes until mixture is set.



If you are looking for a great "Grab & Go" Snack- this is it!

• **Lemony Dill Seasoning**
• **unset Seasoned Salt**

• **Cheesy Bacon & Chive Seasoning**