



Delicious High Protein Egg White Bites

Description

Ingredients

- 1 cup egg whites about 8 large egg whites
- ½ cup diced vegetables spinach, bell peppers, onions, etc.
- ½ cup shredded cheese cheddar, feta, or mozzarella
- ½ cup cooked meat optional; turkey, ham, or bacon
- Salt and pepper to taste
- Cooking spray or muffin liners

Instructions

Preheat the Oven:

- Preheat your oven to 350°F (175°C) and lightly grease a muffin tin with cooking spray or line it with muffin liners.

Whisk the Egg Whites:

- In a mixing bowl, whisk the egg whites until frothy. Add salt and pepper to taste.

Add Fillings:

- Gently fold in the diced vegetables, shredded cheese, and cooked meat if using. Ensure the ingredients are evenly distributed throughout the egg whites.

Pour into Muffin Tin:

- Divide the mixture evenly among the muffin cups, filling each about three-quarters full.

Bake:

- Bake in the preheated oven for 20-25 minutes, or until the bites are set and lightly golden on top.

Cool and Serve:

- Let the egg white bites cool in the tin for a few minutes before transferring them to a wire rack. Enjoy them warm or store them for later!

Category

1. High Protein Recipes

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