



## High Protein Breakfast Hot Pockets

### Description

Looking for a filling, protein-packed breakfast that tastes like comfort food but supports your health goals? These **High Protein Breakfast Hot Pockets** are your new go-to morning meal! Soft on the outside, golden and crisp on the pan, and stuffed with melty cheese and protein-rich goodness inside—these are perfect for meal prep, post-workout fuel, or a cozy brunch.

And the best part? Each pocket comes in at just **328 calories** with a whopping **32 grams of protein!**

### Why You'll Love This Recipe

- **High in protein** — ideal for muscle recovery or staying full longer
- **Lower in calories** — guilt-free satisfaction
- **No fancy equipment needed** — easy to make on a pan or in the air fryer
- **Freezer-friendly** — meal prep and save time
- **Endlessly customizable** — swap fillings based on your cravings

### Ingredients (Per Serving)

Here's what goes into each hot pocket:

- 1 high-protein flatbread or dough (or protein dough made with Greek yogurt & flour)
- 2 scrambled egg whites (or whole eggs if preferred)
- 1 slice of turkey bacon or lean chicken sausage, chopped
- 30g shredded low-fat cheese (like mozzarella or cheddar)
- Optional: chopped spinach, mushrooms, or onions for extra flavor and fiber
- Seasoning: salt, pepper, paprika, garlic powder
- Spray oil for pan or air fryer

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# How to Make It

1. **Make the dough or use a protein wrap:** If using homemade dough (Greek yogurt + flour mix), roll it out to about ¼ inch thickness.

2. **Add your filling:** Scramble egg whites and cook turkey bacon. Layer them with cheese inside the dough. Add optional veggies if using.

3. **Seal & shape:** Fold the dough over and pinch the edges to seal. Flatten slightly.

4. **Cook it:**

○ **Pan method:** Heat a nonstick pan over medium heat with a little spray oil. Cook each side for 3-4 minutes until golden brown.

○ **Air fryer method:** Air fry at 180°C (350°F) for 8-10 minutes until golden and puffed.

5. **Garnish:** Sprinkle with herbs or extra seasoning. Serve hot with ketchup, salsa, or Greek yogurt dip.

# Meal Prep & Storage

- **Refrigerate:** Store cooked pockets in an airtight container for up to 3 days.

• **Freeze:** Wrap individually in foil or parchment paper and freeze for up to 2 months.

• **Reheat:** Air fry or pan-sear to re-crisp; microwave if you're short on time.

# Nutrition Per Hot Pocket (Approximate)

- **Calories:** 328

• **Protein:** 32g

• **Fat:** 11g

• **Carbohydrates:** 24g

• **Fiber:** 3g

Macros may vary slightly depending on exact ingredients and brands used.

# Variations to Try

- **Veggie Lover:** Add sautéed peppers, spinach, and mushrooms

• **Southwest Style:** Add black beans, corn, and taco seasoning

• **Spicy Kick:** Toss in jalapeños and pepper jack cheese

• **Sweet & Savory:** Try turkey bacon with a dash of maple syrup inside

# Perfect For!

- Quick weekday breakfasts

• Post-gym recovery meals

• Kids' lunchboxes

• On-the-go snacking

• Healthy comfort food cravings

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# Final Thoughts

These **High Protein Breakfast Hot Pockets** hit the sweet spot between indulgent and nutritious. With a gooey, cheesy filling and satisfying bite, theyâ??ll keep you energized all morning without the sugar crash. Whether youâ??re chasing gains or just want a better breakfast, this recipe is the real MVP.

## Category

- 1. High Protein Recipes

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