

# High Protein Scrambled Eggs

Made with cottage cheese for an extra boost of protein and creamy, fluffy eggs!



 1 serving  10 minutes

## INGREDIENTS

2 large eggs  
¼ cup cottage cheese  
1 Tbsp milk  
Salt & Pepper to taste  
½ Tbsp butter for cooking  
Fresh spinach and/or mushrooms (optional)  
Shredded cheese (optional)

## DIRECTIONS

1. Crack the eggs into a bowl. Add the cottage cheese, milk, salt, pepper and any desired spices.
2. Whisk the mixture together until well combined (the longer eggs are whisked, the fluffier they are when cooked)
3. Heat a non-stick skillet over medium heat. Add butter (or cooking oil) and allow the butter to melt
4. Once the pan is hot, add vegetables (if using) to the skillet and saute for 5 minutes or until soft.

## Spice & Herb Variations

Add everything seasoning, onion powder, garlic powder, chives, dill, curry powder, parsley, thyme

**Vitamin C 0%**

\*Percent Daily Values are based on a 2000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.