High Protein Scrambled Eggs

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



1 serving (1) 10 minutes

INGREDIENTS

2 large eggs
½ 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.
- 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.

- 5. Add the egg mixture into the skillet. Allow the eggs to set for 30 seconds. Using a spatula, gently lift and fold the eggs and give them a gentle stir. Let them sit for 30 seconds and give it a gentle stir. Repeat until eggs are cooked.
- 6. Sprinkle with shredded cheese and/or herbs if using

Spice & Herb Variations

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

Nutrition	Amount	% Daily Value*	Amount	% Daily Value*
Facts	Total Fat 17g Saturated 7.1g	26% 36%	Total Carbs 5g Dietary Fiber 0g	2% 1%
Serving: 1	Cholesterol 642 mg Sodium 439 mg	214% 18%	Sugars 0g Protein 13g	26%
Calories 234	Calcium 13%	Iron 15%	Vitamin A 16%	Vitamin C 0%
	Calcium 1070	1011 1370	Vitaliiii A 1070	Vitaliiii G 070

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

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