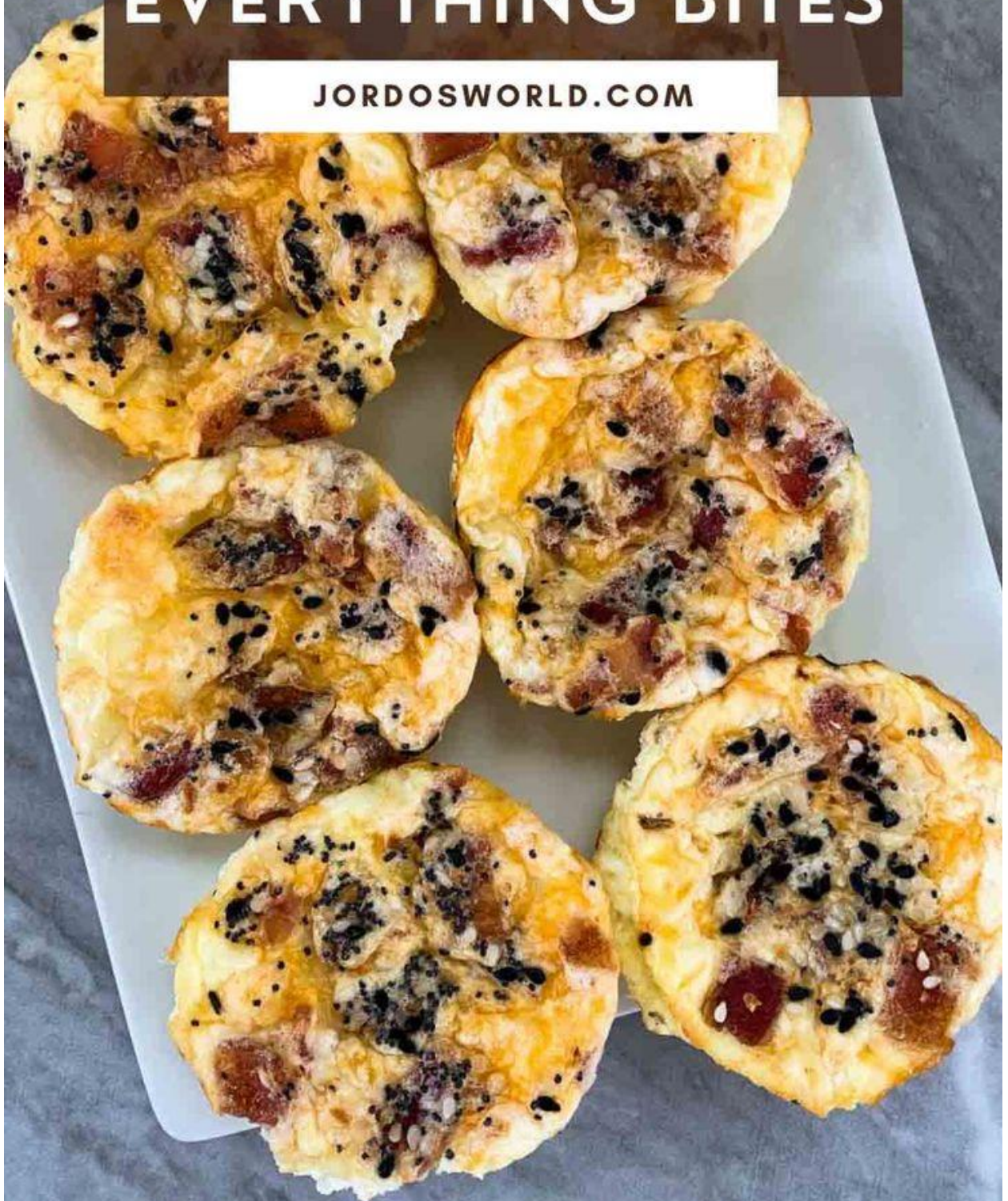


EGG WHITE EVERYTHING BITES

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Egg White Everything Bites

These egg white everything bites are everything, but they're also *everything*.

Prep Time 5

minutes

mins

Cook Time 30

minutes

mins

Course: Breakfast Cuisine: American Keyword: egg bites, egg white bites, everything bites
Servings: [3](#) Calories: 197kcal Author: [Jordan Smith](#)

Equipment

- oven
- muffin tin
- Blender
- baking dish

Ingredients

- 1.5 cups egg whites 368 g
- 1 cup nonfat cottage cheese 228 g
- ¼ cup shredded cheddar cheese 28 g
- 4 pieces bacon cooked & chopped (30 g)
- 1.5 tsp everything but the bagel seasoning

Instructions

1. Preheat oven to 350 degrees.
2. Spray muffin tin really well and set aside.

3. In a blender, add 1.5 cups egg whites and 1 cup cottage cheese together. Blend well.
4. Evenly distribute the blended mixture into muffin tin.
5. Sprinkle shredded cheese over each bite.
6. Chop the 4 pieces of cooked bacon. Sprinkle bacon pieces evenly over each bite.
7. Sprinkle about $\frac{1}{8}$ tsp of everything but the bagel seasoning on each bite.
8. Fill a baking dish with water and place in the oven.
9. Add the muffin tin to the oven.
10. Bake for 25-30 minutes.
11. Let the egg white bites cool before removing from the tin. (This will help them set.)
12. Enjoy!

Notes

1 serving size is 4 bites.

Nutrition

Serving: 4bites | Calories: 197kcal | Carbohydrates: 5.2g | Protein: 28.2g | Fat: 5.9g