



## Fluffy Mini Egg Bites



Entire recipe: 95 calories, 3g total fat (2g sat. fat), 436mg sodium, 2g carbs, 0g fiber, 0.5g sugars, 14g protein

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**Prep:** 5 minutes    **Cook:** 15 minutes



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### Ingredients

1/3 cup (about 3 large) egg whites  
2 tbsp. shredded part-skim mozzarella cheese  
1 tbsp. low-fat cottage cheese  
1 dash salt  
1 dash black pepper  
Optional add-ins: see suggestions below

### Directions

Place [egg bite maker](#) on a heat-resistant surface.

Fill one of the small silicone cups with water, and pour water into the heating plate.

Place the 4 small silicone cups on the heating plate. Spray with nonstick spray.

Place all ingredients in a medium bowl. Whisk well. Evenly distribute mixture among the silicone cups.

Plug in the egg bite maker, and close the lid. The blue light will illuminate, indicating the egg bite maker is heating up. The light will turn off once it has reached the maximum temperature.

Cook for 10–12 minutes, until water has evaporated and egg bites are cooked through.

MAKES 1 SERVING

**HG FYI:** We call for egg whites to get maximum fluffy texture, but feel free to use liquid egg substitute if that's what you have on hand.

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