



## Mini Egg Bakes with Veggies and Topped with Cottage Cheese and Avocado

**YIELD: 12 SERVINGS**

Gluten-free

### RECIPE CUSTOMIZATION

To make this recipe dairy-free, use a dairy free milk alternative and omit the cottage cheese

To make it FODMAP friendly, omit the shallot, use only oyster mushrooms and use only one avocado

### INGREDIENTS

- 8 eggs
- ¼ cup milk
- 1 Tbsp Dijon mustard
- ½ tsp salt, kosher
- 1 tsp avocado oil
- 1 shallot, minced
- 4 oz assorted mushrooms, chopped
- 1 small red bell pepper, small dice
- 1 cup broccoli, cut to small florets
- 1 cup asparagus, trimmed and ¼ inch sliced
- Pan spray
- 1 cup cottage cheese
- 2 small avocados, diced

### DIRECTIONS

1. Preheat the oven to 350°F.
2. Place eggs (8), milk (¼ cup), Dijon mustard (1 Tbsp), and salt (½ tsp) in a blender, and run on low until well combined.
3. Heat avocado oil (1 tsp) in a sauté pan on medium heat.
4. Add the shallot, mushrooms (4 oz), bell pepper, broccoli (1 cup), and asparagus (1 cup) to the sauté pan. Cook until veggies are tender (2–3 minutes).
5. Place an empty muffin pan in the preheated oven for about 10 minutes. Remove the pan from the oven, and spray lightly with pan spray. Pour the egg mixture (3 Tbsp) into each muffin cup. Top each cup with the vegetable mixture (2 Tbsp).
6. Return filled muffin pan to the oven. Cook for 8–10 minutes or until the egg is set.
7. Remove the mini egg bakes from the muffin pan. Place the egg bakes on a platter. Top each egg bake with a small scoop of cottage cheese, and sprinkle with diced avocado.

**Chef tip:** For a protein boost, add cooked and crumbled breakfast sausage or crumbled bacon to the muffin pan just before baking.



## Mini Egg Bakes with Veggies Topped with Cottage Cheese & Avocado

### NUTRITION FACTS

Serving size 1 (4.5oz)

Amount Per Serving	128g
<b>Calories</b>	<b>139</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 9.8g	15%
<b>Saturated Fat</b> 2.2g	11%
<b>Cholesterol</b> 127mg	42%
<b>Sodium</b> 230mg	10%
<b>Total Carbohydrate</b> 6g	2%
<b>Dietary Fiber</b> 3g	12%
<b>Sugars</b> 2g	
<b>Protein</b> 8g	16%
<b>Vitamin A</b>	14%
<b>Vitamin C</b>	30%
<b>Calcium</b>	5%
<b>Iron</b>	7%

LAUNCH   
my health

◆ **Wellbeats**  
Wellness

Share your healthy eats  
with us @Wellbeats

