

# EGG WHITE BITES

**Servings:** 12 bites

**Prep time:** 15 mins

**Cook time:** 20 mins

**Total time:** 35 mins

## EQUIPMENT:

- Cutting board
- Measuring cups
- Muffin pan
- Medium bowl
- Whisk
- Ladle
- Butter knife
- Airtight container

## INGREDIENTS:

- Cooking spray
- 1 cup chopped fresh spinach
- 1/2 cup chopped cherry tomatoes
- 2 garlic cloves, minced
- 3 cups egg whites
- 1/2 cup cottage cheese
- 1/2 tsp ground pepper
- 1/2 tsp salt (optional)
- 1 tsp chili flakes (optional)

## STORAGE:

- Place bites in an airtight container and store in the refrigerator for up to 4 days.
- To re-heat: Microwave the bites for 30 seconds each or until thawed.

## NUTRITION FACT:

The saturated fat of whole eggs comes from the egg yolk so egg whites don't contain saturated fat and are high in protein!



## DIRECTIONS:

1. Preheat the oven to 350°F. Grease a muffin pan with cooking spray.
2. Using a cutting board and sharp knife, chop spinach and cherry tomatoes.
3. Using a cutting board and sharp knife, mince garlic into fine pieces.
4. Add all the ingredients into a medium bowl and mix together with a whisk.
5. Using a ladle, pour batter evenly into muffin cups.
6. Place bites in the oven and bake for 20 minutes.
7. Remove them from the oven and let them cool for 5 minutes in the pan before using a butter knife to loosen the bites from the pan.