



Spinach Egg Bites

After weight loss surgery it can be hard to pack all your protein into a small portion. Eggs are a great source of protein and versatile option for flavor combinations!

Ingredients:

- 1 cup of Water
- 2 eggs
- 2 Tbsp of Colby jack cheese
- 2 Tbsp of Ricotta or cottage cheese
- Garlic powder
- Salt and pepper
- Non-Stick Spray
- Spinach
- Chopped Red Pepper

Directions:

1. Plug in egg maker and fill with 1 cup of water
2. Blend eggs, colby jack cheese, ricotta or cottage cheese, garlic powder and salt together.
3. Spray cups with non stick spray and fill them halfway with mixture.
4. Add spinach and chopped red peppers to mixture.
5. Cook for 7-10 minutes or until all the water on the cooking surface has evaporated.
6. Carefully remove cups from egg maker. Serve & enjoy!



"I'm strong to the finish, 'cause I eats me spinach!" - Popeye the Sailor Man