

Spooky Egg Cups

Ingredients:

- 6 large eggs
- ½ cup low-fat cottage cheese
- ¼ cup cheese of choice (parmesan, gruyere, cheddar)
- 1 tsp kosher salt
- ½ tsp black pepper
- ½ tsp garlic powder
- 1/2 cup bacon bits

Directions

1. Combine eggs, cottage cheese, additional cheese of choice, salt pepper and garlic in blender. Blend on high for 45 seconds-1 minute.
2. Stir in bacon bits
3. Pour into silicone muffins tins or these fun halloween ones. Bake at 350 for 15-20 minutes.

MADE WITH LOVE

by Teresa Forchard