 **Egg Muffins**

*Serves 6*

**Ingredients**

6 eggs

¼ cup milk

1 cup egg whites

1 cup cottage cheese

½ cup shredded cheddar

6oz ground turkey

Your choice of veggies!

Salt and pepper

**Directions**

1. Preheat oven to 375 degrees F.
2. Brown turkey in a skillet. Set aside
3. Whisk eggs and egg whites and add milk. Whisk until combined.
4. Add cheese, turkey, veggies, salt, and pepper.
5. Evenly distribute mixture into a prepared muffin tin. Fill 6 muffin cups.
6. Bake for 20 minutes, or until cooked in center.
7. Cool for a few minutes then use a knife to loosen the edges of the muffin and remove.

**Nutrition**

*260 cals, 5g carb, 26g protein, 15g fat*