

Mini Egg Bakes loaded with veggies and topped with Cottage Cheese and Avocado

Yield: 12 egg bites

RECIPE CUSTOMIZATION

To make it dairy free:

- Swap milk for dairy-free milk; rice/oat milk

To make it low-FODMAP:

- Avocado may be tolerated in small amounts
- Swap shallot for green part of green onions or chives

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 avocado, diced

Directions

1. Preheat an oven to 350 degrees
2. Place eggs (8), milk (¼ cup), Dijon (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 a medium heat. Add the shallot, mushrooms, bell pepper, broccoli (1 cup) and asparagus (1 cup) to the sauté pan and cook until veggies are tender (2-3 minutes).
4. Place an empty muffin pan in the preheated oven for about 10 minutes. Remove from the oven, spray lightly with pan spray and pour about 3 Tbsp of the egg mixture into each muffin cup. Top each cup with 2 Tbsp of the vegetable mixture. Return filled muffin pan to the oven and cook for 8-10 minutes or until egg is set.
5. Remove from the oven and allow to cool for about 5 minutes. Remove the mini egg bakes from the muffin pan and place them on a platter. Top each egg bake with a small scoop or cottage cheese and sprinkle with diced avocado.

Tropical Acai Bowl with Banana and Coconut

Ingredients

7 oz acai puree, thawed
1 banana, peeled
1 mango, peeled and pitted
1 avocado, peeled and pitted
1 cup coconut milk
1 lemon, juiced

Directions

1. Place all ingredients in a blender and puree on medium until well incorporated.