
Low-Glycemic Spinach and Cottage Cheese Egg Muffins

Protein-packed egg muffins with spinach and cottage cheese deliver steady energy without blood sugar spikes. Perfect for meal prep and on-the-go breakfasts.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 12

GL 0.5 / GI 28

Ingredients

Provides fiber and nutrients with zero glycemic impact; squeeze out all excess water frozen spinach, thawed and drained

Complete protein source with GI of 0; slows glucose absorption large eggs

Herb with potential blood sugar benefits; no glycemic impact dried oregano

For seasoning; no glycemic impact kosher salt

Adds flavor; minimal glycemic impact garlic powder

High-protein dairy with low GI (10-15); choose full-fat for better satiety cottage cheese, full-fat or low-fat

Aged cheese with negligible carbs; GI near 0 grated Parmesan cheese

Low-GI vegetable (GI ~15); adds sweetness without sugar chopped roasted red pepper from jar, drained

To taste; no glycemic impact fresh ground black pepper

Instructions

Step 1

Preheat your oven to 375°F (190°C). Prepare a standard 12-cup muffin tin by coating each cup generously with cooking spray or brushing with olive oil to prevent sticking.

Step 2

Place the frozen spinach in a fine-mesh colander. Run warm water over it for about 1 minute until completely thawed. Using your hands, squeeze the spinach firmly in small handfuls to remove as much liquid as possible—this step is crucial to prevent watery muffins. Set the drained spinach aside.

Step 3

Crack the eggs into a large mixing bowl and whisk vigorously until the yolks and whites are fully combined and slightly frothy. This creates a lighter texture in the finished muffins.

Step 4

Add the cottage cheese, grated Parmesan, oregano, salt, and garlic powder to the whisked eggs. Stir everything together until well incorporated. Fold in the squeezed spinach and chopped roasted red peppers, distributing them evenly throughout the mixture. Season with several grinds of fresh black pepper.

Step 5

Using a ladle or large spoon, divide the egg mixture evenly among the 12 muffin cups, filling each about three-quarters full. Top each muffin with a few extra pieces of chopped roasted red pepper for visual appeal.

Step 6

Bake for 22 to 24 minutes, until the muffins are set in the center and developing golden edges. A toothpick inserted into the center should come out clean. The muffins will puff up during baking.

Step 7

Remove from the oven and let cool in the pan for 5 minutes—they will naturally deflate slightly. Run a butter knife around the edge of each muffin to loosen, then gently pop them out. Serve warm, or let cool completely before storing in an airtight container in the refrigerator for up to 5 days. These can be eaten cold, at room temperature, or reheated for 20-30 seconds in the microwave. For longer storage, freeze for up to 3 months and thaw overnight in the refrigerator.