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# Low-Glycemic Spinach and Cottage Cheese Egg Muffins

*Protein-packed egg muffins with spinach and cottage cheese deliver sustained 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

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**Provides fiber and magnesium for blood sugar control** frozen spinach, thawed and drained

**High-quality protein with minimal glycemic impact** large eggs

**Adds flavor without affecting blood sugar** dried oregano

**For seasoning** kosher salt

**Enhances flavor with negligible carbohydrates** garlic powder

**Slow-digesting casein protein helps stabilize blood sugar** cottage cheese

**Adds umami flavor and protein without raising glucose** grated Parmesan cheese

**Low-carb vegetable that adds sweetness and vitamin C** chopped roasted red pepper from jar, plus extra for topping

**To taste, for seasoning** fresh ground black pepper

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# Instructions

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## Step 1

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

## Step 2

Place the frozen spinach in a fine-mesh colander and run warm water over it until completely thawed, approximately 1 to 2 minutes. Using your hands, squeeze the spinach firmly to remove as much excess moisture as possible—this step is crucial to prevent watery muffins.

## Step 3

Crack the eggs into a large mixing bowl and whisk them thoroughly until the yolks and whites are completely combined and slightly frothy.

## Step 4

Add the oregano, salt, garlic powder, cottage cheese, Parmesan cheese, squeezed spinach, and chopped roasted red pepper to the whisked eggs. Stir everything together until evenly distributed. Season with several grinds of fresh black pepper according to your taste preference.

## Step 5

Divide the egg mixture evenly among the 12 muffin cups, filling each about three-quarters full. Sprinkle the tops with additional chopped roasted red pepper for visual appeal and extra flavor.

## Step 6

Bake for 22 to 24 minutes until the muffins are set in the center and developing golden edges. The centers should no longer jiggle when the pan is gently shaken.

## Step 7

Remove from the oven and allow to cool for 3 to 5 minutes—the muffins will deflate slightly, which is completely normal. Run a butter knife around the edge of each muffin to loosen it, then gently pop each one out. Serve immediately while warm, or let cool completely before storing in an airtight container in the refrigerator for up to 5 days. These can also be frozen for up to 3 months and thawed overnight in the refrigerator.

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