



Fluffy Mini Egg Bites



Entire recipe: 95 calories, 3g total fat (2g sat. fat), 436mg sodium, 2g carbs, 0g fiber, 0.5g sugars, 14g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 15 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

1/3 cup (about 3 large) egg whites
2 tbsp. shredded part-skim mozzarella cheese
1 tbsp. low-fat cottage cheese
1 dash salt
1 dash black pepper
Optional add-ins: see suggestions below

Directions

Place [egg bite maker](#) on a heat-resistant surface.

Fill one of the small silicone cups with water, and pour water into the heating plate.

Place the 4 small silicone cups on the heating plate. Spray with nonstick spray.

Place all ingredients in a medium bowl. Whisk well. Evenly distribute mixture among the silicone cups.

Plug in the egg bite maker, and close the lid. The blue light will illuminate, indicating the egg bite maker is heating up. The light will turn off once it has reached the maximum temperature.

Cook for 10–12 minutes, until water has evaporated and egg bites are cooked through.

MAKES 1 SERVING

HG FYI: We call for egg whites to get maximum fluffy texture, but feel free to use liquid egg substitute if that's what you have on hand.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.