



Starting your morning with a nutritious meal can be quick and stress-free. These two mealprep recipes, protein-packed baked egg cups and fiber-rich overnight oats, are easy to customize with ingredients you already have. Both options store well, reheat or serve cold and provide balanced nutrition to keep your family energized throughout the week. With simple prep and versatile ingredients, breakfast becomes one less thing to worry about.

### Instructions - Baked Egg Bites

- 1. Prepare the Tray:** Spray a muffin tin with nonstick spray.
- 2. Add Vegetables:** Place about 2 tablespoons of your chosen vegetables into each muffin cup.
- 3. Blend the Egg Mixture:** Blend eggs with salt, pepper, and  $\frac{1}{2}$  cup cottage cheese until smooth.
- 4. Fill the Cups:** Pour the egg mixture evenly into the muffin tin.
- 5. Bake:** Bake for 15 - 20 minutes, or until the centers are set and no longer wet.
- 6. Cool and Store:** Let egg cups cool completely. Portion 2 egg cups per bag or container for grabandgo breakfasts.
- 7. Reheat:** Warm in the microwave for 30 seconds before eating.

### Instructions - Overnight Oats

- 1. Build the Base:** Add oats, chia seeds, honey (or sweetener), cinnamon, and a pinch of salt to a jar.
- 2. Add Milk:** Pour in your preferred milk.
- 3. Mix Well:** Stir until fully combined and no clumps remain.
- 4. Refrigerate:** Cover and refrigerate for at least 15 minutes but overnight is best for proper thickening.
- 5. Customize in the Morning:** Add fruit, nut butter, or other toppings before eating.

### Ingredients

#### Baked Egg Bites

- Eggs
- Salt & pepper
- $\frac{1}{2}$  cup cottage cheese
- Nonstick spray
- Broccoli
- Drained canned diced tomatoes
- Jalapeños
- Onions

#### Overnight Oats

- $\frac{1}{2}$  cup old fashioned oats
- Chia seeds
  - Or substitute flax seeds or hemp seeds
- Honey
  - Or use Stevia or Splenda as a sugarfree sweetener
- Cinnamon
- Pinch of salt
- Milk of choice (2% milk, soy, almond, or other plant-based milks)