

Low-Carb Crustless Quiche



Ingredients

1 cup (not packed), non fat cottage cheese
2 cups egg substitute, liquid (Egg Beaters, or whites)
1/2 cup broccoli, cooked, chopped
1/2 cup ham, extra lean, (5% fat), diced
1/2 cup Cheddar or Colby Cheese, Low Fat, shredded
Salt & Pepper, to taste
Cooking Spray

Directions

Preheat oven to 375.

Mix all ingredients in a large mixing bowl. Pour into a pie dish sprayed with Pam or other cooking spray. Place on cookie sheet in oven. Bake approximately 45 minutes or until center is just set.

Makes 6 servings.

Variations: Substitute different meats, cheese, and veggies such as:
turkey bacon, sausage
reduced fat swiss, mozzarella, or feta
spinach, peppers, onions, asparagus

Number of Servings: 6

Energy Muffins



Who says muffins can't be delicious and nutritious?

INGREDIENTS:

- 2 cups egg whites
- 1½ cups oats or 1 cup instant oatmeal or 1½ cups quick oatmeal
- ½ cup whole wheat flour
- 1 cup unsweetened applesauce
- 1 cup 1% cottage cheese
- ½ cup whey protein powder
- 1½ tsp baking powder
- 25 almonds
- 1 tbsp vanilla extract
- ⅛ tsp or pinch of salt
- 1 cup strawberries (see below for variations)

INSTRUCTIONS:

Pre-heat oven to 350°F. Pour ingredients into a blender and blend until smooth. Mix in [fruit](#) by hand, if desired, or include in the blender. Pour into regular-sized stick-free muffin cups. Cook until toothpick comes out clean (about 40 minutes).

NUTRIENTS PER MUFFIN:

Calories: 120, Total Fat: 2 g, Sat. Fat: 0 g, Trans Fat: 0 g,
Cholesterol: 5 mg, Sodium: 125 mg, Total Carbs: 17 g,
Dietary [Fiber](#): 3 g; Sugars: 3 g; Protein: 9 g; Iron: 1.20 mg

FOR CHOCOLATE BANANA MUFFINS:

Substitute ½ cup sliced banana for the strawberries. Add 1 tbsp unsweetened cocoa powder. Use chocolate flavored whey protein powder. Add ½ to 1 tsp banana extract for extra banana flavor.

FOR BLUEBERRY MUFFINS:

Substitute 1 cup blueberries for the strawberries and 222 g unsweetened blueberry applesauce for the regular unsweetened applesauce.

FOR APPLE CINNAMON MUFFINS:

Substitute ⅔ cup diced apple for the strawberries. Add cinnamon.

FOR RASPBERRY MUFFINS:

Substitute ⅔ cup raspberries for strawberries and 222 g country berry unsweetened applesauce for the regular unsweetened applesauce.

FOR PEACH MUFFINS:

Substitute 1 cup diced peaches for strawberries and 222 g mango-peach unsweetened applesauce for the regular unsweetened applesauce.

Almond Butter and "Banana" Sandwiches



Try these sandwiches for a delicious protein punch. Even real bananas don't taste this good!

INGREDIENTS:

- 1/2 scoop banana cream pudding protein powder
- water
- 1 stevia packet
- 1/2 tablespoon almond butter
- 2 slices ezeziel bread

INSTRUCTIONS:

Mix protein powder with enough water to make a thick consistency. Add stevia and almond butter. Toast bread. Spread mixture on toast.

NUTRIENTS PER SERVING:

Calories: 240, Total Fat: 5 g, Sat. Fat: 1 g, Trans Fat: 0 g, Cholesterol: 15 mg, Sodium: 150 mg, Total Carbs: 34 g, Dietary [Fiber](#): 7 g; Sugars: 0 g; Protein: 15 g; Iron: 1.44 mg