



Simple | Healthy | Delicious

Stuffed Protein Eggs

INGREDIENTS

4 boiled eggs

½ spinach cooked & drained

¼ cup Nature's Earthly Choice hemp seeds

½ cup cottage cheese

¼ cup roasted sweet peppers

Sea salt & black fresh ground pepper to taste

3 tbsp EVOO



DIRECTIONS:

1. Mix all ingredients into a bowl, evenly & gently.
2. Let it sit for 30 mins.
3. Boil eggs, let them cool, peel them and cut them in half. You can either remove the yolks or leave them.
4. Add one full lump in each half of the open egg.