



Nutrition Information Per Serving:

Calories: 200
Protein: 25 g
Carbohydrates: 5 g
Fat: 8 g
Fiber: 0 g

PREP TIME 9 mins	COOK TIME 6 mins	TOTAL TIME 15 mins	RECIPE MAKES 1 serving
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Is there anything more glorious than a runny yolk? We think so! Try this fan recipe from Liz B. that features a soft-boiled egg, chili powder, everything bagel spice mix, and ridiculously creamy, protein-packed Lowfat Plain Muuna cottage cheese.

INGREDIENTS

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 1 Egg
- 1 ½ tsp. Everything bagel spice mix
- ½ tsp. Chili powder

INSTRUCTIONS

- 1) Boil water in a medium pot over medium high heat.
- 2) Prepare an ice bath with 3-4 cups of cold water and 1 cup of ice. Set aside.
- 3) Lower cold egg into the boiling water with a slotted spoon.
- 4) Reduce heat to medium and cook for 6 minutes.
- 5) Remove egg from pot with slotted spoon and place into ice bath. Allow to cool for 2-3 minutes.
- 6) Carefully crack the egg and remove the shell.
- 7) Cut egg in half.
- 8) Open the container of Muuna cottage cheese and stir.
- 9) Top with spice mix, chili powder, and half of the soft-boiled egg.
- 10) Grab a spoon and enjoy!

Note: you can eat the other half of the egg on the side!