

Protein Veggie Cookies



I love meal prepping breakfasts that I can freeze: pancakes, waffles, muffins, breads... all pretty sweet recipes! To switch things up, I wanted to create something savoury but just as easy to make as the others. It was a success: these cookies are DELICIOUS! They help me add variety to my breakfasts, keep me full for a long time with 22 g of protein and 4 g of fibre per serving... AND help me get in more veggies for the day!

Enjoy!

Preparation 15 min

Cooking 25 min

Servings 10

Nutrition Facts (per serving)

Calories 230

Fat 5

Carbohydrates 26

Fibre 4

Protein 22

Sodium 800

Ingredients

- 435 ml (1 ¾ cups) plain 0% Greek yogurt
- 2 eggs + 4 egg whites (or 125 ml (½ cup))

- 60 ml (¼ cup) ground flaxseeds
- 15 ml (1 tbsp) baking powder
- 2.5 ml (½ tsp) garlic powder
- 375 ml (1 ½ cups) spinach, coarsely chopped
- 1 red bell pepper, diced
- 1 green onion, finely chopped
- 180 g (6 oz) light mozzarella cheese (less than 18% M.F.), shredded (about 375 ml (1 ½ cups))
- 300 g (? lb) extra-lean smoked ham, diced

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a large bowl, whisk together the Greek yogurt, eggs, and egg whites.
3. In another bowl, mix the flour, flaxseeds, baking powder, salt, and garlic powder. Stir into the wet ingredients.
4. Add the remaining ingredients, using your hands if needed. Form 20 biscuits, each about ¾ cup in size and 1 inch (2.5 cm) thick, and place them on a baking sheet lined with parchment paper.
5. Bake for 25 minutes or until the biscuits are lightly golden.

Notes

Keeps for 5 days in an airtight container in the fridge. Can be frozen for up to 3 months.



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