

## SUN-DRIED TOMATO AND COTTAGE CHEESE MUFFINS

### Ingredients

- 1 c. fat-free cottage cheese
- 3/4 c. low-fat parmesan cheese, freshly grated
- 1/4 c. flour (soy flour, whole wheat flour or all-purpose flour will work)
- 1 c. almonds, very finely ground (in food processor)
- 1 tsp. baking powder
- 1/4 c. sun-dried tomatoes, finely chopped
- 1/4 c. basil, finely chopped
- 1/4 c. water
- 4 eggs, lightly beaten (or 1 c. egg beaters)
- 1/2 tsp. salt

Some other ideas to replace the sun-dried tomatoes and basil:

- chopped olives, lemon zest and chopped herbs
- sauteed, chopped mushrooms and fresh thyme
- chopped chipotles and adobo sauce (*spicy!*)
- roasted garlic, pesto and toasted pine nuts
- sauteed chopped potatoes and rosemary

### Directions

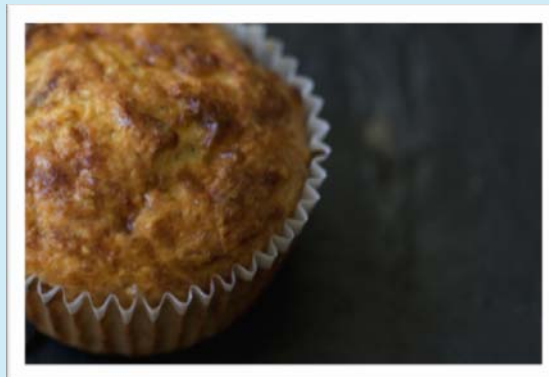
1. Preheat oven to 400F degrees.
2. Line a muffin pan with 9 medium-sized paper baking cups (or use more of the mini muffin size)
3. Put the cottage cheese into a bowl with all but 1/4 cup of the Parmesan cheese, the flour, ground almonds, baking powder, sun-dried tomatoes, basil, water, and eggs, and season with salt, then mix all together.
4. Spoon the mixture into the muffin cups 3/4 full, scatter with the remaining Parmesan, and bake for 30-35 minutes, or until set, risen, and golden brown.
5. Serve as hot or at room temperature.

Yields: 9 (medium sized) muffins

Calories: 178

Fat: 10 g

Protein: 11 g



## RECIPES



For eating well  
after bariatric  
surgery