

# Ashley's Meal Prep Monday!

## Veggie Packed Protein Biscuits

### INGREDIENTS

3 large eggs  
1 cup cottage cheese (Lactaid brand)  
1 small red bell pepper, finely diced  
1 small sweet potato, finely diced  
1/3 cup chopped red onion, finely diced  
1/2 cup spinach/kale, finely diced  
1/2 cup chopped fresh parsley  
1 1/2 cups almond flour  
1/2 cup oat flour  
1 TSP baking powder  
1/2 TSP baking soda  
1/2 TSP sea salt  
1/2 TSP garlic powder  
1/2 TSP onion powder  
1/4 TSP smoked paprika  
1 TBSP avocado oil

Preheat oven to 350 and line a baking sheet with parchment paper. Heat oil in a pan over med heat, add bell pepper, sweet potato, and onion. I also threw in some finely diced mushrooms, ham, and zucchini. Saute for 5-ish minutes until slightly softened, set aside to cool.

In a large bowl, whisk together the eggs and cottage cheese until smooth and well combined. Mix in the almond flour, oat flour, baking powder, sea salt and any other seasonings until a thick batter forms. Gently stir in the veggies, parsley, spinach or kale and mix until everything is evenly distributed, but avoid overmixing.

Using a spoon or cookie scoop, drop the batter onto the prepared baking sheet forming 12 evenly sized biscuits. Bake in the oven for 23-ish minutes, or until the biscuits are golden on top and set in the center. Cool slightly before enjoying!

Recipe: [www.upbeetandkaleingitblox.com](http://www.upbeetandkaleingitblox.com)

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