

On-The-Go Egg Bites

This is an easy make ahead breakfast recipe that can be made in a large batch and frozen for future use!

Yield: 5 servings, 2 egg bites per serving

Ingredients:

2 cups	Diced veggies (broccoli, bell peppers, mushrooms, spinach, or a mix)
½ cup	Onion, finely diced
¾ cup	Shredded Cheese (cheddar, mozzarella, swiss, pepper jack, etc)
3 large	Eggs
½ cup	Cottage cheese, low-fat, low-sodium
⅛ teaspoon	Salt
½ teaspoon	Black Pepper, ground
½ teaspoon	Garlic powder
¼ teaspoon	Hot Sauce (optional)
As needed	Cooking Spray

Preparation:

- 1.) Preheat the oven to 375°F.
- 2.) To prepare the vegetables, finely dice them so that they are all around the same size. Most vegetables will work great in this recipe so it is up to you which ones to use or how to combine them.
- 3.) Combine the vegetables and cheese in a medium-sized bowl and set aside.
- 4.) Place the eggs, cottage cheese, and seasonings in a blender and blend until thoroughly mixed and smooth.
- 5.) Pour the egg mixture into vegetables and cheese and stir.
- 6.) Pour the mixture into muffin tins that have been thoroughly coated with cooking spray or silicone molds, making sure to evenly distribute it. You should have between 10-12 egg bites.
- 7.) Bake for 20-25 minutes or until egg bites are cooked all the way through. If using a thermometer, cooked egg bites should register at least 165°F in the center.
- 8.) Let cool for about 5 minutes and enjoy immediately or store in the refrigerator or freezer. To reheat bites, microwave refrigerated bites for 1-2 minutes or frozen bites for about 4 minutes.

Chef's Notes: The egg bites will puff up while cooking and seem to “deflate” as they cool, this is perfectly fine. 1 batch of this recipe will make enough egg bites for 5 servings but you can easily double or triple it and freeze them so that you have a quick, healthy breakfast option on hand.

Nutrition Facts: per 2 egg bites

Calories: 130	Total Fat: 7g	Saturated Fat: 3g	Sodium: 310mg
Carbohydrates: 5g	Fiber: 1g	Sugars: 2g	Protein: 12g

