

Egg Bites

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Serves 12



Inspired by Starbucks, these easy egg bites are a healthy, delicious grab-and-go breakfast! See the blog post above for storage, freezing, and reheating instructions. Gluten-free.

Equipment

- Nonstick Muffin Pan
- Vitamix Blender
- Steamer Basket

Ingredients

- Extra-virgin olive oil, for the pan
- 6 large eggs
- $\frac{3}{4}$ cup whole milk cottage cheese
- $\frac{1}{4}$ teaspoon sea salt
- Freshly ground black pepper
- 3 cups fresh spinach, 3 ounces
- $\frac{1}{2}$ cup diced roasted red bell pepper, about 1 pepper
- $\frac{1}{2}$ cup chopped green onion, about 2 green onions

Instructions

1. Preheat the oven to 350°F and grease a nonstick muffin tin with olive oil.
2. In a blender, place the eggs, cottage cheese, salt, and several grinds of pepper. Blend until smooth.
3. Place the spinach in a steamer basket and set over a pot filled with 1 inch of water. Bring the water to a simmer, cover, and steam for 1 minute, or until the spinach is wilted. Transfer to a strainer and squeeze out the excess water. Roughly chop.
4. Place the spinach in a medium bowl and add the peppers and scallions. Toss to combine and measure $\frac{1}{4}$ cup of the mixed vegetables. Set aside.
5. Evenly divide the remaining veggies among the muffin cups. Pour a scant $\frac{1}{4}$ cup of the egg mixture over the vegetables in each well. Divide any remaining egg mixture evenly among the wells. Evenly sprinkle the reserved $\frac{1}{4}$ cup vegetables on top.
6. Bake for 18 to 22 minutes, or until the eggs are set. Let cool for 5 minutes before removing from the pan.

Notes

Makes 12 egg bites.

Note: For best results, use a non-stick pan that has a very slick new-ish nonstick finish. Alternatively, you can use a silicone muffin pan.

Find it online at <https://www.loveandlemons.com/egg-bites-recipe/>