

# Egg Bites

MADE WITH LOVE

by Teresa Forehand

## Ingredients

- 6 large eggs
- ½ cup low-fat cottage cheese
- ¼ cup cheese of choice (parmesan, gruyere, cheddar)
- 1 tsp kosher salt
- ½ tsp black pepper
- ½ tsp garlic powder

## Variations

(The above base will make 1 batch of egg bits, so I tripled to prep plenty)

- Roasted red pepper, parmesan and kale - use the jarred roasted peppers, they give so much flavor! Kale of choice, and finely shredded parmesan cheese
- Broccoli and cheddar - finely chop a couple stems of broccoli and use cheddar with your base
- Bacon and gruyere - 3-4 slices no nitrate or sugar added bacon, cooked and chopped, and gruyere with the base above

## Directions

1. Combine eggs, cottage cheese, additional cheese of choice, salt pepper and garlic in blender. Blend on high for 45 seconds-1 minute.
2. Chop add ins as needed based on which variation you are making.
3. You can use muffin tins, but I highly suggest investing in this awesome sous vide egg bite maker (worth every penny!). It is so quick, and cooks them in about 4-5 minutes.
4. For the oven, preheat oven to 375 degrees. Spray muffin tin well with olive oil spray. Place veggies/bacon in the bottom of each muffin tin. Pour the egg white mixture over your add ins (fill about ¾ full)
5. Transfer to the oven and bake until the eggs have just set, about 30 minutes. They will puff up during the cooking process, but will fall as they cool.
6. Let the egg bites cool for about 10 minutes in your muffin tin. Using a small rubber spatula or knife, carefully loosen up the edges of the cooked egg bit, then lift them out.
7. If you are freezing, let them cool completely and place in freezer bags. Label the bag with the date and flavor.
8. When ready to eat, remove from the freezer, wrap in a damp paper towel and microwave for about 1 minute, or until heated through!
9. Enjoy!!