

EGG BITES

Easy, high protein breakfast or snack that you can meal prep and have ready for quick eating whenever you need! This recipe is customizable to your own preferences by adding or taking away any of the add-ins. Other optional add-ins include: spinach, turkey, chicken, cottage cheese, other vegetables of choice, bacon, turkey bacon, jalapenos

INGREDIENTS

- 6 eggs
- 1/2 cup chopped bell peppers
- 1/2 cup chopped of onions
- 1/4 cup shredded cheese
- 1 cup of chopped spinach

COOKING METHOD

- 1° Preheat the oven to 350°F and grease a nonstick muffin tin with olive oil or cooking spray
- 2° Chop all vegetables and set aside
- 3° Crack all eggs into a bowl and whisk together
- 4° Add chopped vegetables into eggs and mix together
- 5° Add salt and pepper to taste and mix together
- 6° Divide egg mixture evenly into the muffin tins
- 7° Top with shredded cheese
- 8° Bake for 18 to 22 minutes, or until the eggs are set. Let cool for 5 minutes before removing from the pan

NUTRITIONAL INFORMATION

| | PER 100 g | % DRI |
|------------------------------|-----------|-------|
| ENERGY | 120 kcal | 6 % |
| FAT | 8 g | 12 % |
| FATTY ACIDS, TOTAL SATURATED | 3 g | 15 % |
| CHOLESTEROL | 222 mg | 74 % |
| SODIUM | 130 mg | 5 % |
| CARBOHYDRATE | 3 g | 1 % |
| SUGARS | 2 g | — |
| FIBER | 1 g | 3 % |
| PROTEIN | 9 g | — |