

Copycat Breakfast Egg bites

Ingredients

9-10 eggs

1 cup of grated cheese

1 cup cottage cheese

Dash of salt & pepper

4 slices of cooked bacon

Non-stick spray or silicone muffin tray

Instructions

Recipe makes 12 egg bites.

*Cook the slices of bacon before making the egg bites.

*Pre-heat oven to 325 degrees and place a baking dish that is filled with 3cm of water on the bottom rack.

*Add the eggs, cheese, cottage cheese, salt, and pepper to a bowl and beat on high for 1 minute.

*Spray a muffin tin with a little non-stick spray or use a silicone muffin tray and fill the tins $\frac{3}{4}$ full with the egg mixture.

*Divide the chopped bacon among all the muffin tins and bake in the oven for 35-45 minutes.

*Remove from oven and let cool for 5 minutes, then use a spatula or fork to carefully remove them from the muffin tin.

Store the egg bites in the fridge for 3 days or freeze for 2-3 months. Reheat in microwave or oven.

Optional add ins

*Broccoli

*Spinach

*red pepper

*ham

*sausage

Any other vegetable and/or meat substitution you can think of.