

Egg Bites for Breakfast

Prep Time: 5 mins

Cook Time: 23 mins

Ingredients

5 Eggs
2 Tbsp Milk
½ cup Grated Swiss or Mozzarella Cheese
½ cup Spinach
¼ cup Red Bell Pepper
¼ cup Red Onion
¼ cup Green Onion
½ Tbsp Extra Virgin Olive Oil
1 slice (small and medium meals) or 2 slices (for large meals) Whole Wheat Bread
1 Tbsp Unsalted Butter

Makes 1.5 Servings

Nutrition Information

For 3 eggs with 1 slice of whole wheat bread and 1 Tbsp unsalted butter:

- Protein: 28 g
- Calories: 556 kCal
- Sodium: 333 mg

Instructions

1. Preheat the oven to 350°F or 180°C.
2. Grease the muffin tin with unsalted butter or cooking spray.
3. Grate the cheese and then set aside.
4. The onions and peppers should be cut into small to medium sized pieces.
5. Chop the spinach.
6. Sauté the red onions with the red pepper in a frying pan with a bit of oil. After they are cooked, set them aside to cool.
7. Add the eggs, milk, green onions, spinach, and cheese to the small bowl and whisk them together.
8. Now add the cooked red onions and red pepper to the bowl combine with the whisk.
9. Pour the mixture into the muffin tin and into the oven for 15 minutes.
10. Once they are ready, pop the egg bites out of the muffin tin and serve with toasted bread with butter.