

# Egg Bites



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Recipe by: Laura Vitale

Serves 12

**Prep Time: 15 minutes**

**Cook Time: 30 minutes**

## Ingredients

\_\_ 9 Eggs  
\_\_ 1/3 cup of Cottage Cheese  
\_\_ 4oz of Sharp Cheddar (or gruyere,  
American or Swiss)  
\_\_ Salt and Pepper, to taste  
\_\_ 2/3 cup of Toppings of choice such as  
mixed cooked veggies of 1/2 cup of Cooked  
crumbled bacon

1) Preheat your oven to 325 degrees, spray a 12 piece silicone muffin tin with some non stick spray, place it in a bigger pan (the exact one I used and linked below, fits in a 9x13" baking pan) and set aside.

2) In a blender, add the egg, cottage cheese, cheese and a touch of salt and pepper, blend on high for 1 full minute (don't skip).

3) Carefully fill the muffin tin with the egg mixture, then top with your toppings of choice, once done, carefully pour some hot water around the edge of the pan to come halfway up the bottom of the muffin pan, then pop them in the oven for 25 minutes.

4) When ready, carefully lift the pan out, let them cool completely and remove from the silicone mold then eat and enjoy!

