

## STATION TWO

### Egg Bites A Couple Ways

- Cheaper than Starbucks! Healthier than Jimmy Dean!
- Great for grab and go breakfast and meal prepping
- Kid and family friendly

### INSTANT POT EGG BITES

*(A Mind "Full" Mom Recipe)*

4 Large Eggs

Pinch of Salt

1/3 Cup Cottage Cheese

Pinch of Pepper

Tools: Instant Pot; Blender; Silicone egg molds

Optional: cheese, chopped spinach, chopped roasted red pepper, leftover roasted veggies like onions and pepper and mushrooms, diced tomato

- (1) Blend cracked eggs, cottage cheese, salt, and pepper.
- (2) Spray egg molds lightly with non-stick cooking spray. Divide your add-ins equally among the egg molds.
- (3) Add blended egg to each of the molds, filling them about 3/4 of the way full. Cover with foil or silicone top.
- (4) Pour 1 cup of water into the inner pot and place wire rack inside as well. Place egg bite molds on the rack. Can stack multiple molds if using more than one.
- (5) Put on the instant pot lid, turn vent knob to seal, and pressure cook for 9 minutes on high pressure.
- (6) Let the pot naturally vent for 10 minutes after finished cooking. Remove egg bite molds and let sit for 5 minutes before inverting onto a plate to serve. Can also store directly in the molds to eat late

Nutrition Info for base recipe without add-ins. Serving Size 2 egg bites. 102 Kcal, 6 gm fat; 2 gm total carb; 10 gm protein

## MUFFIN TIN EGG BITES

6 Large Eggs

Pinch of Salt

1/3 Cup Cottage Cheese

Pinch of Pepper

Tools: Muffin Tin

Optional: cheese, chopped spinach, chopped roasted red pepper, leftover roasted veggies like onions and pepper and mushrooms, diced tomato

- (1) Blend cracked eggs, cottage cheese, salt, and pepper. Can also whisk together if you do not own a blender.
- (2) Spray 6 muffin tins with non-stick spray or line with liners. Divide your add-ins equally among the prepared spaces.
- (3) Add blended egg mixture evenly among each of the tins
- (4) Bake at 375 degrees for 15-18 minutes or until egg is set

Nutrition Info for base recipe without add-ins. Serving Size 1 muffin tin egg. 85 kcal; 5 gm fat; 1 gm total carb; 8 gm protein.