

Scott's Egg Bites

Serves: 12 | Prep time: 10 minutes | Cooking time: 30 minutes | Total time: 45 minutes

Ingredients:

8 large eggs

2/3 cup plain Greek yogurt or whole-fat cottage cheese or cream cheese

1-1/2 cups shredded Gruyère cheese *

4 strips cooked bacon, chopped

1/4 tsp. salt

1/4 tsp. black pepper

1/4 cup diced bell pepper (green, red or yellow)

1/4 cup chopped frozen spinach, drained

2 tbsp. diced yellow or red onion, optional

1/4 tsp. hot sauce, optional

Optional suggested additions below in Notes

Instructions:

Preheat the oven to 300°F and lightly grease a 12-cup muffin tin with cooking spray or oil.

Add the eggs, cottage cheese or cream, Gruyère cheese (or your choice of cheese), salt, pepper, and hot sauce (if using) to a blender. Blend until smooth and well combined, about 30 seconds.

Divide the blended mixture evenly between the muffin cups. Sprinkle the chopped bacon evenly over the egg mixture. Add other ingredients if desired at this time before adding bacon. See Notes for suggestions.

Optional: Place the muffin tray in a larger baking dish or on a baking sheet with tall sides. Add hot water to the outer tray/dish to create a water bath. Bake for 30-35 minutes, or until the egg bites are set and cooked through. A toothpick inserted into the center should come out clean. Let cool slightly in the pan before removing and serving. Enjoy!

Notes:

Optional add-ins include 1/4 cup of diced vegetables, sautéed spinach, cooked mushrooms, diced ham, cooked chicken or turkey, or cooked sausage crumbles. Add them when you add the bacon.

Use 4 oz. of cream cheese instead of full-fat cottage cheese, if desired.

Substitute Gruyère cheese with your favorite cheese, such as cheddar, goat cheese, feta, Parmesan, Monterrey Jack, Colby-Jack, or Mexi-blend. You can even combine different cheeses to your or your family's specific taste.

Store leftover egg bites in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave for 45-60 seconds.