

Instant Pot Caprese Egg Bites

A delightful breakfast twist on the classic caprese salad, these Instant Pot Caprese Egg Bites are so fast and easy to make in your pressure cooker! You can make a bunch and freeze them for future breakfasts!



| | | | |
|-----------|-----------|--------|------------|
| Prep Time | Cook Time | NPR | Total Time |
| 10 mins | 14 mins | 5 mins | 24 mins |

Course: Breakfast Cuisine: American

Keyword: easy breakfast, Egg Bites, Instant Pot, Keto breakfast Servings: 7 servings (2 egg bites each)

Calories: 178kcal Author: Make-Ahead Meal Mom

Ingredients

- 9 eggs
- 1/2 cup heavy whipping cream
- 1 cup tomatoes, diced
- 1 cup shredded mozzarella cheese
- 1 1/2 teaspoon dried basil
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions

1. Spray silicone molds or 4 oz. jelly jars liberally with non-stick cooking spray. Set aside.
2. Crack eggs into medium-sized bowl and gently whisk to scramble. Then mix in remaining ingredients.
3. Pour egg mixture into silicone molds or jelly jars, distributing evenly. Cover molds or jars loosely with aluminum foil.
4. Place trivet in bottom of Instant Pot cooking pot. Add recommended minimum amount of water. Gently lower first silicone mold into pot to rest on top of trivet. (If using jelly jars, place first layer of jars on trivet, leaving about an inch between jars.)
5. Carefully lower second silicone mold and lay it to rest on top of the first mold. Be sure to rotate the mold so the cups are offset (make sure the bottom of the cups on the top mold rest on the spaces between the cups of the bottom mold). If using jelly jars, place second layer of jars, making sure to offset them from the first layer.
6. Close lid, seal vent, and set Instant Pot to cook on HIGH for 14 minutes.
7. Once cook time has ended, allow the Instant Pot to release pressure naturally for 5 minutes, then quick release the remaining pressure.
8. Remove lid and carefully take out molds or jars. You may need to use tongs or chopsticks if space is tight.
9. Place a plate on top of a mold, and holding the plate and mold together, invert, so that the plate is on bottom and the mold is upside-down on top. This should pop egg bites out of the mold. If not, gently

press on the top of the mold cups to release.

To freeze:

1. Allow egg bites to cool to room temperature. Place egg bites, not touching, on parchment-lined baking sheet and place in freezer for minimum of 1 hour, up to 4 hours.
2. Once frozen, remove egg bites from tray and place into freezer storage bag. Label and date, then place back into freezer.

To reheat:

1. From thawed, microwave for 30 seconds.

From frozen, microwave for 1 1/2 to 2 minutes. (Try 1 minute at 50% power, then 30 seconds at full power and go from there.)

To reheat without a microwave, see recipe notes in the blog post.