

Instant Pot Egg Bites (Simple Cheddar)

Prep time	Cook time	Total time
5 mins	8 mins	13 mins

Delicious, quick and just like the ones from your favorite coffee chain.

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Serves: 12



Ingredients

- 6 large pastured eggs
- 4 ounces organic cheddar cheese, shredded
- ¼ cup organic cottage cheese
- ¼ cup heavy cream
- 1 Tbsp. avocado oil

Instructions

1. Add 2 cups water to the Instant Pot. Place rack in bottom. Grease Egg Bite mold with avocado oil.
2. In a high-powered blender, add the eggs, cottage cheese, heavy cream and cheddar cheese.
3. Blend on high for 30 seconds.
4. Pour the egg mixture into the wells of the Egg Bite mold, filling $\frac{3}{4}$ full.
5. Top with a flat plate or a bacon press (Note: We do NOT recommend using the plastic top as this will leach chemicals into your egg bites).
6. Close and lock the lid. Set to Steam. Adjust time to 8 minutes.
7. When time is up, remove the mold from Instant Pot.
8. Gently scoop out egg bites with a spoon.

Notes

210 calories, 18 g fat, 8 g saturated fat, 6 g monounsaturated fat, 1 g polyunsaturated fat, 246 mg cholesterol, 1 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 1 g sugar, 0 g fiber, 12 g protein, 100 mg potassium, 209 mg phosphorous, 225 mg sodium, 12 mg magnesium

75% FAT | 23% PROTEIN | 2% CARBOHYDRATE

Recipe by Healing Gourmet at <https://healinggourmet.com/healthy-articles/instant-pot-egg-bites/>