

Prep time 10 Mins

🕒 Cook time 18 Mins

🕒 Total time 28 Mins

## RECIPE TYPE: BREAKFAST

### INGREDIENTS

- 4 slices bacon cooked and crumbled
- 4 eggs
- 2/3 cup shredded cheddar cheese
- 1/2 cup cottage cheese
- 1/4 cup half & half
- pinch of salt

### INSTRUCTIONS

1. Spray cups with nonstick cooking spray. Sprinkle bacon into each cup.
2. Add eggs, cheddar cheese, cottage cheese, half and half and a pinch of salt into a blender. Process until smooth and mixed well.
3. Divide the mixture equally into the silicone tray. Each should be about 3/4 of the way full.
4. Cover the silicone tray with a paper towel followed by foil. The foil should wrap around the edges to ensure no condensation seeps in.
5. Add 1 cup of water to Instant pot, cover egg bite mold with foil and place on trivet and lower into pot. Secure lid with seal closed and set to "steam" for 8 minutes. When cycle is complete, let naturally release for 10 minutes, then quick release the rest.
6. Hold the mold over the wire rack and gently push the egg bites out. If you hold it at an angle or press too hard, you may end up with cracks.
7. Serve immediately or cool completely and store in the refrigerator for up to a week. You can also freeze them for up to a month.

