

Light and Fluffy Homemade Egg Bites made with the Instant Pot. Load em up with any fruit you like and slather them with your favorite maple syrup to make these a perfect at home or on-the-go breakfast.

RECIPE TYPE: BREAKFAST

INGREDIENTS

- 3 1/2 cup All-purpose Flour
 - 1 3/4 tablespoon Sugar (optional)
 - 3 1/2 teaspoon Baking Powder
 - 7/16 teaspoon Salt
 - 3 1/2 Egg
 - 2 5/8 cup Milk
 - 3 1/2 tablespoon Melted Butter (cooled)
- Optional: Blueberries and Maple Syrup



INSTRUCTIONS

1. In a large bowl, mix together the flour, sugar, baking powder and salt.
2. In a small bowl, beat the eggs and then add the milk and butter.(Optional: Add 1-2 tablespoons of maple syrup to the wet mixture.)
3. Gently add the wet mixture to the dry mixture and stir until just combined (there will be lumps).
4. Gently fold in the blueberries.
5. Divide the mixture equally into the silicone tray. Each should be about 3/4 of the way full.
6. Cover the silicone tray with a paper towel followed by foil. The foil should wrap around the edges to ensure no condensation seeps in.
7. 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.
8. 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.
9. 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.