

ie 10 Mins

🕒 Cook time 18 Mins

🕒 Total time 28 Mins

Instant Pot Egg Bites are loaded with protein and flavor from the spinach and Gruyere cheese and have a velvety smooth texture that you won't be able to resist!

RECIPE TYPE: BREAKFAST

INGREDIENTS

- 5 large Eggs
- 1/4 cup Milk (I used unsweetened Cashew Milk)
- 1 cup roughly chopped spinach
- 1 cup grated Gruyere cheese (substitute your favorite flavor)
- 1/8 teaspoon ground black pepper

INSTRUCTIONS

1. Add the eggs, milk, chopped spinach, grated cheese, and pepper to a blender and blend until smooth.
2. Spray the egg bites silicone mold with cooking spray or coconut oil.
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.

