

Prep time 10 Mins

Cook time 18 Mins

Total time 28 Mins

RECIPE TYPE: BREAKFAST

INGREDIENTS

- 4 eggs, large
- 3oz gouda cheese, shredded
- 1/2 cup cottage cheese
- 1/4 cup heavy cream
- 1/2 cup fresh spinach
- 1/4 cup fire roasted red peppers, diced
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- butter
- non-stick cooking spray



INSTRUCTIONS

1. Chop spinach and red peppers. Add a 1/2 tbs of butter to Instant Pot and set to "saute". When hot, add spinach and red peppers and saute for 1 minute. Press cancel.
2. Spray egg bite mold with non-stick cooking spray and spoon red pepper and spinach mixture into each cup. Set aside.
3. In a blender, blend the eggs, gouda cheese, cottage cheese, heavy cream, onion powder and salt for about 30 seconds.
4. Divide the mixture equally into the silicone tray. Each should be about 3/4 of the way full. When all are full, use a spoon to mix the batter with the spinach and red peppers a little more.
5. Cover the silicone tray with a paper towel followed by foil. The foil should wrap around the edges to ensure no condensation seeps in.
6. 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.
7. 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.
8. 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.