

Egg Bites

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DEPOSITORY.**

Serves: 12

Prep: 5 minutes | **Cook:** 15-17 minutes

INGREDIENTS

- 12 eggs
- Salt
- Pepper
- Non-stick spray or muffin baking cups

DIRECTIONS

1. Crack eggs into tin and season with salt and pepper.
2. Bake for 15-17 minutes. Allow to cool slightly before removing.
3. Can be stored in a sealed container in the fridge for up to 4 days.

Notes:

- Add chopped vegetables such as tomato, onion, cilantro or spinach for extra flavor and nutrients.



Nutrition Information	
Serving Size: 1 egg bite	
Calories	77
Total fat	5 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	186 mg
Sodium	62 mg
Carbohydrates	0 g
Fiber	0 g
Sugars	0 g
Protein	6 g

Recipe adapted from:
Familyfreshmeals.com