

EGG BITES

INGREDIENTS *(For 14 Bites)*

- 9 large eggs
- ¼ cup milk
- ½ tsp baking powder
- ¼ tsp ground black pepper
- Cooking spray
- 1 cup spinach, chopped
- ½ large bell pepper, diced
- ½ cup cheese, grated

INGREDIENTS *(Class Size: 28)*

- 18 large eggs
- ½ cup milk
- 1 tsp baking powder
- ½ tsp ground black pepper
- Cooking spray
- 2 cups spinach, chopped
- 1 large bell pepper, diced
- 1 cup cheese, grated

COOKING TIP

Silicone muffin pans work instead of muffin liners and don't require spray.



DIRECTIONS

1. Preheat oven to 350°F.
2. Combine all ingredients to a bowl and mix.
3. Spray muffin tin with cooking spray (see Cooking Tip).
4. Pour mixture into each, filling about 2/3 full.
5. Cook for about 20 minutes, or until eggs are fully cooked.
6. Let sit for a couple minutes before popping the egg bites out of the pan before serving. (If you are freezing or putting in the refrigerator, make sure they have fully cooled down first so they do not discolour!)

FACT

High protein foods like eggs at breakfast or lunch can help you feel satisfied and energized through the day.