

Egg Bites (Copycat Sous Vide Starbucks Eggs)

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2 Bites, 1 FSP

****Check your ingredient brands, it could change the points!**

****These are so versatile – you can vary the cheese (not the cottage, that's necessary!), the veggies, the meat to make them just how you like them! Spinach and feta is delicious!**

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- 6 eggs
- 2 oz Cabot 75% reduced fat cheddar cheese (grated)
- 3/4 cup 1% cottage cheese
- 3/4 cup FF Greek yogurt
- 1/2 tsp salt
- 3 slices Canadian bacon (chopped)
- 1/4 cup sauteed mushrooms (chopped)

1. Add eggs, cheese, cottage cheese, yogurt and salt to a blender. Blend for 30 seconds.
2. Grease 2 silicone egg bite molds [Egg Bite Molds on Amazon](#)
3. Sprinkle Canadian bacon, veggies, etc. in the bottom of each cup.
4. Fill each cup 3/4 full with egg mixture.
5. Cover the molds with lids or aluminum foil.

6. Add 2 cups water to the Instant Pot and place molds on the trivet. Slightly off set the molds on top of each other. Place the trivet in the pot.
7. Cook on high pressure using the steam function for 8 minutes. Let the pressure naturally release. Remove the molds and let cool. Remove egg bites from molds and let them cool completely.
8. Store in an airtight container in the fridge for 1 week or freeze. Microwave for 30-60 seconds to heat up.

OVEN DIRECTIONS!!!!

1. Follow the recipe using 2 muffin tins. Use 7 wells on each one to put your egg mixture in. Fill the other cups with water. Preheat oven to 375. Place a pan of water on the lower rack and place the muffin tins on the middle rack to help generate steam. Bake for 20 minutes.