

Green Chili & Pepper Jack Egg Bites

Breakfast and snacks are usually two meals I see many struggle with, simply because they are usually on the go. Or these are the two meals people struggle to get protein. These egg bites are a solution to the problem; make a batch ahead of time and grab them throughout the week for your snack or breakfast! Also, do not skimp out on the cottage cheese; it's a game changer and makes these taste better than the Starbuck Egg Bites. I have included two ways to prep; one with the [InstaPot](#) and one in the oven.

Ingredients:

4 large	Eggs
½ cup	Pepper Jack cheese, shredded (if you need dairy free, use a Vegan cheese)
½ cup	Cottage cheese, low fat, no salt added (if you need dairy free, use Lactaid milk or unsweet almond milk)
¼ cup	Diced green chilis (I used the canned for ease)
1 tsp	Black pepper, ground

Directions:

- If using the [InstaPot](#), pour 1 cup water into the pot and place the steamer rack trivet (came with the pot) in the bottom. If using the oven, preheat oven to 350 degrees F.
- Place eggs, cheese, cottage cheese, and black pepper in a food processor and pulse until smooth. Then, add the green chilis and pulse a few times.
- Pour mixture evenly into 7 slots.
 - Use [silicone egg bite mold](#) (7 slots) if using the InstaPot (follow the link to see the molds I use). Cover with aluminum foil.
 - If using the oven, spray muffin tins with oil then evenly pour mixture into 7 of the slots. No need to cover
- Cook
 - InstaPot: place covered silicone mold on the trivet that is in the InstaPot. Put lid on InstaPot and seal vent. Press STEAM and set timer to 10 minutes. Once the timer goes off, release the valve to allow steam to escape (about 5 minutes). Remove the lid and take out silicone mold (careful this is hot). Let egg bites cool then gently remove egg bites from the mold (I usually tip the mold over on a plate and gently press the bottoms).
 - Oven: bake for 25-30 minutes or until eggs are fully cooked. Remove from the oven and carefully remove from tins.
- Can store these in an airtight container for up to 6 days.

Servings: 7 egg bites
 Serving size: 1 egg bite

Green Chili & Pepper Jack Egg Bites		
Nutrition Facts		
Serving Size: 1 Egg Bites		
Amount Per Serving		% Daily Value*
Calories	88.2 kcal	4 %
Total Fat	5.7 g	9 %
Saturated Fat	2.6 g	13 %
Trans Fat	0 g	
Cholesterol	115.6 mg	39 %
Sodium	120.4 mg	5 %
Total Carbohydrate	1.9 g	1 %
Dietary Fiber	0.3 g	1 %
Sugars	1.3 g	
Protein	7 g	14 %
Vitamin A	5 %	Vitamin C 2 %
Calcium	9 %	Iron 2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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