

Instant Pot Egg Bites

MAKES 3 SERVINGS

Courtesy of My Skinny Sweet Tooth, modified

Submitted by Kathy Lindner

Ingredients

3 eggs
1/3 cup cottage cheese
1/3 cup Greek yogurt
1/3 cup shredded cheese
1/4 tsp. sea salt
1/4 tsp. black pepper

Directions

1. Blend all the ingredients together until light and frothy.
2. Spray a 7-hole silicone mold with cooking spray and pour mixture into each hole, filling about $\frac{3}{4}$ full.
3. Cover the mold loosely with foil and set it on the trivet.
4. Pour 1 cup of water in the Instant Pot liner and carefully lower the filled silicone mold into the pot.
5. Close the lid, seal the vent and then use the steam function for 8 minutes followed by a natural pressure release for 10 minutes. Release remaining pressure, if any.
6. Lift out the silicone mold and remove the foil. The egg bites will deflate slightly.
7. Turn the egg bites over into a plate and enjoy.



NUTRITION FACTS

Per Serving (2 egg bites): 166 calories, 10 g fat, 5 g sat. fat, 425 mg sodium, 3 g carbs, 0 g fiber, 16 g protein