

EGG BITES



INGREDIENTS:

- 1 1/4 cup egg whites
- 2 oz reduced fat shredded cheese
- 1 whole egg

DIRECTIONS:

- 1) Pre-heat oven to 350 F
- 2) Add ~1 inch of water to a baking sheet, place in the oven
- 3) Add all ingredients to a blender.
- 4) Blend until fully combined (~30-45 seconds), mixture will be slightly frothy
- 5) Lightly spray a muffin pan with cooking oil. Pour mixture into muffin pan (makes 6)
- 6) Place muffin pan on the baking sheet with water and bake for 18-25 minutes
- 7) Store prepped egg bites in the refrigerator. Microwave, covered, for ~30-45 seconds

Enjoy!

Makes 2 Serving | 1 Serving = 3 Egg Bites
Calories: 191 | Protein: 23g | Carbs: 2 g | Fat: 9 g