

Breakfast Egg Bites

PREP TIME: 15 MINUTES

YIELDS: 12 MINI MUFFINS (6 FULL-SIZED MUFFINS)

COOK TIME: 30 MINUTES



Children's Hospital
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

- 6 raw eggs
- 5 strips turkey bacon, cooked and cut/ripped into pieces
- ½ cup shredded cheddar cheese
- ½ cup bell pepper
- ½ cup raw spinach
- 1 teaspoon salt (or seasoning blend)

Qualities

- Texture: Soft
- Rating for Scent: 3/10
- Spice Level: 0/10

Recipe Benefits

- Anti-Nausea
- Gluten Free



Nutrition Content for 1 Full-Sized Muffin

Calories: 153kcal	Carbohydrates: 2.2g
Fat: 10.9g	Fiber: 0.2g
Protein: 11.3g	Added sugar: 0g
	Sodium: 744.2mg

Directions

1. Preheat oven to 350°F.
2. Combine all ingredients together in a blender or large mixing bowl (if using a mixing bowl, you will also need an emulsion wand/stick blender).
3. Blend the ingredients together until well combined (the more you blend it, the smoother it will become, therefore if you want some texture do not blend for too long).
4. Grease a miniature muffin pan with nonstick cooking spray, butter, or oil.
5. Pour mixture into the pan dividing evenly.
6. Bake in preheated oven for 25–30 minutes until firm and golden brown.
7. Allow the to cool slightly before removing from the pan.



Chef Tips/Adjustments

- This recipe is very flexible and can be adjusted as desired. For example, other meats, cheeses, and vegetables can be used. The quantity of each ingredient can also be adjusted, just know that as these items are adjusted it may not produce the same volume.
- The egg bites can be stored in the refrigerator in a sealed storage bag or container, or frozen for future use. When reheating, microwave for 1-minute intervals until heated