



# Keto Egg Sous Vide Bites

This is such a simple Keto recipe for the Instant Pot! Our kids even love them, so they're perfect for Sunday breakfast or even when we have breakfast for dinner!

There are SO many variations - different cheeses, spinach, mushrooms, sausage, bacon . . . anything you can think of!

## Recipe

4 eggs

¼ C Heavy Cream

½ C Shredded Cheddar Cheese

½ C Cottage Cheese

Pinch Himalayan Pink Salt

Blend eggs, heavy cream and cottage cheese. We used our NutriBullet.

Add mix-ins like chopped spinach, cubed cheese. Mix (do not blend) and pour into egg molds.

Add heavier mix-ins like cooked sausage once the molds are filled (leave some space).



Cover with foil to keep steam in.

Add 1 C water to instant pot and steam for 8 min. Open and enjoy!

## The Keto Dad Tips and Tricks:

- Use your Trivet on your Instant Pot to get the mold out more easily!
- If you want the mix-in through the eggs, pour the egg mixture in first, leave a little space, then gently mix in your toppings!

Makes 7 Macros are Per Egg Bite

Calories: 150, Fat: 12g, Carbs: 1g, Fiber: 0g, (Net Carbs 1) Protein: 10g

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