



Keto Mini Egg Bites

Keto Egg Bites are becoming more popular . . . but are Keto egg bite recipes easy to make? Yes they are!! We love cooking them in our instant pot, but using the mini DASH egg bite maker is delicious as well! We loved the texture!

What would you add to your egg bites??

Recipe:

4 Eggs

1 T Heavy Cream

1 T Cottage Cheese

¼ C Shredded Cheddar Cheese

Salt and Pepper to taste

Blend the eggs, cream and cheese.

Add the mix-ins!

If you're filling the Dash Mini egg cups, fill them about ¾ full.

Makes 12 . . . but can vary based on what you add to them!



The Keto Dad Tips and Tricks:

- These are a great meal prep option! Make them for the week and stick them in the fridge.
- The DASH Egg Bite Maker is a bit slower than making 12 at a time with Egg Sous Vide in the instant pot, but it's an easy/low priced countertop option and the texture is great!

Serving size: 2 Egg Bites. Makes 12 (depending on your mix-ins). Macros do not include anything other than what is in the recipe above (does not include sausage, spinach, etc.)

Calories: 76, Fat: 17g, Carbs: 0, Fiber: 0, Protein: 6g

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