

Blender Egg Bites/Muffins

Ingredients

Blender Mixture

- 4 Large Eggs
- 1/4 Cup Heavy Cream
- 1/3 Cup shredded or diced Cheese (your preference)
- 1/2 Cup Ricotta Cheese
- 1/2 tsp Onion Powder
- 1/2 tsp Salt

Optional Add Ins

- 1/2 cup Sage Sausage - Cooked and drained
- 1/2 cup Ham - diced
- 1 cup chopped Spinach
- 1/4 cup optional Roasted Peppers
- 1/4 optional Sun-dried tomatoes

Recipe Instructions

Add eggs, cream, cheeses, and seasonings to the Bosch blender. Always add liquid ingredients first. Pulse several times and then run the blender on speed 2 or 3 for at least 30 seconds.

Cook sausage in frying pan, chopping into small pieces as it cooks. Remove from heat and drain excess oil, place sausage in a bowl. Use sausage pan with a touch of the leftover drippings to sauté the spinach.

Spray your muffin tins or egg bite molds with non-stick spray. Spoon optional ingredients into muffin tins or egg bite molds, add 1 tablespoon of ingredients into each tin. Use all of the add-ins or adjust to your taste. Pour egg mixture over the meat and vegetables, filling the tins or molds approximately 3/4 full.

Bake in the oven at 350° for 200-25 minutes until center is completely cooked.

