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Egg Bites by Cara Marrs, RD

Ingredients:

- 6 eggs
- 2 tbsp milk of choice, I use oat milk
- Salt and pepper to taste
- Various toppings finally chopped such as: orange and yellow bell pepper, deli turkey or ham, chopped mozzarella cheese sticks, vegan cashew cheese, kale, mushrooms, etc.

Instructions

1. Pre-heat oven to 350 degrees
2. Scramble eggs in a bowl with sea salt, pepper, and milk of choice
3. Carefully, using a large tablespoon transfer egg mixture into muffin tin, filling ½ way to the top
4. Add in your toppings of choice
5. Bake for 15 minutes

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