

Egg bites

Ingredients

- Canola oil spray
- 10 large eggs
- 2 cups cottage cheese
- 2 cups tasty cheese
- 2 spring onions
- Pinch of salt and pepper

Serves: 12

Prep Time: 15 mins

Cook Time: 30 mins



Method

1. Preheat the oven to 180C. Put a baking tray of water in the bottom of the oven – the steam will help with cooking the eggs.
2. Spray a 12-hole muffin pan generously with canola oil spray.*
3. In a large bowl, whisk together the eggs, cottage cheese, cheese, spring onions, salt and pepper. (For a fluffier texture, mix eggs and cottage cheese together in a blender before stirring in other ingredients).
4. Pour the mixture into the muffin tins until half full.
5. Bake in oven for 30 minutes of until eggs are cooked through. Remove from tin and serve.

Recipe Notes:

Instead of spring onions, add in whichever fillings you prefer, such as corn kernels, chives, parsley, garlic, diced lean ham, roast pumpkin, or diced cherry tomatoes.

* If you have a silicone muffin pan the egg bites are much less likely to stick to the pan.

Food Group	Serves per portion
Vegetables	0.1
Fruit	0
Grain foods	0
Lean meat and alternatives	0.4
Milk, yoghurt, cheese	0.9