

E G G B I T E R E C I P E

Ingredients:

- 8-12 eggs
- 1/3 cup red bell pepper, chopped
- 1/2 cup goat cheese, shredded
- Sea salt & black pepper to taste
- **Optional:** Add a dash of almond milk or spoonful of cottage cheese for texture.
- **Optional:** Add cooked bacon, cooked sausage, any veggies you want



Instructions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. In a large bowl, whisk together the eggs and add in your desired mix-ins.
3. Grease the muffin tin.
4. Fill each muffin tin with the egg mixture.
5. Bake in the oven for 20-25 minutes, or until fully cooked. The egg cups should not jiggle when you wiggle the muffin tray.
6. Allow the egg cups to cool for a few minutes, then gently remove them from the tin and enjoy!