



MIRIAM'S "BETTER THAN DUNKIN DONUTS" EGG BITES

By Dr. Cindy Tanzar

(Standard, Ovotarian & Maintenance Options)

Looking for a tasty new way to enjoy your eggs? Miriam loves these fun little egg bites, because they are packed with flavor. This recipe calls for a 12-mini bagel/donut silicone mold (available on Amazon), but you could also use a 6 bagel/donut mold if you have it. For a 12-count mold, one serving is 4 egg bites and covers your protein and a 1/4 cup of cooked vegetables for one meal. A 6-count mold serving is two egg bites. Just add 3/4 more of cooked vegetable on the side.



INGREDIENTS

- 9 pastured eggs
- 1 Bell pepper (any color), chopped
- 1/2 cup green onions, chopped
- Pink Himalayan salt and black pepper, to taste
- 1 tsp. Everything Bagel Seasoning
- 2 Tbsp heavy cream
- Mozzarella or favorite cheese (maintenance only)*



INSTRUCTIONS

Preheat oven at 375°F. Add all ingredients into a mixer, mixing until well-combined. Pour into 12 mini bagel silicone molds. Top with cheese, if using.

Bake for 15 minutes. If using a 6-count mold, bake 15-20 minutes until eggs are set. Cool for 5 minutes and enjoy!

Will keep in the fridge for 3 days.