

# Baked Egg Bites

Easy baked egg bites recipe perfect for meal prep. Protein-packed breakfast with customizable ingredients. Ready in 25 minutes!

10 min

PREP

15 min

COOK

25 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 6 egg
- 1 cup milk
- 1 cup cheddar cheese
- 1 cup bell pepper
- 1 cup onion
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the oven and muffin tin**

Preheat oven to 375°F (190°C). Spray a 12-cup muffin tin generously with cooking spray, making sure to coat the bottom and sides of each cup completely.
- 2 Prepare the vegetables**

Dice 1 cup bell peppers and 1 cup onions into small, uniform pieces about 1/4 inch in size. Pat any excess moisture from the vegetables with paper towels.
- 3 Mix the egg base**

Crack 6 eggs into a large mixing bowl and whisk vigorously until completely smooth and uniform in color. Add 1 cup milk and whisk until fully incorporated with no streaks.
- 4 Season the egg mixture with 1 teaspoon salt and 1 teaspoon black pepper. Whisk to distribute the seasonings evenly throughout.**

- 5 Add the diced bell peppers, onions, and 1 cup shredded cheese to the egg mixture. Stir gently with a spoon until all ingredients are evenly distributed.
- 6 **Fill and bake**

Pour the egg mixture evenly into the prepared muffin cups, filling each about 2/3 full to prevent overflow during baking.
- 7 Bake for 18-22 minutes, until the centers are set and no longer jiggle when gently shaken, and the edges are lightly golden and pulling slightly away from the sides.
- 8 **Cool and serve**

Cool in the muffin tin for 5 minutes, then run a butter knife around the edges to loosen and carefully remove each egg bite. Serve immediately while warm.

## Tips

**Pre-cook watery vegetables:** Sauté mushrooms, zucchini, or spinach before adding to remove excess moisture and prevent soggy egg bites.

**Use silicone molds:** Silicone muffin cups or egg bite molds make removal easier and eliminate sticking issues completely.

**Don't over-beat:** Whisk eggs just until combined. Over-beating incorporates too much air, causing dramatic rising and deflation.

**Cool gradually:** After baking, turn off oven and crack door open to let egg bites cool slowly, preventing sudden temperature changes that cause deflation.

**Portion filling carefully:** Fill muffin cups only 2/3 full to prevent overflow and ensure even cooking.

**Test doneness properly:** Egg bites are done when edges pull away slightly from sides and centers are just set but still slightly jiggle.

**Freeze individually:** Place cooled egg bites on a baking sheet to freeze separately before storing together to prevent sticking.

**Reheat with care:** Microwave in 15-second intervals to prevent overcooking and maintain fluffy texture.