

BAKED EGG BITES

(Makes 12 Egg Bites)

Preheat oven to 350 degrees, then:

1. Place 12 parchment paper muffin cups in the muffin tray (or use regular paper muffin cups and spray with oil)
2. Place a turkey or ham slice over top of each muffin cup and press into the cup
3. Whisk 8 large eggs in a bowl and add 1 teaspoon of milk and ½ to 1 teaspoon of salt (set aside)

Into each muffin cup add the following:

1. Shredded cheese (1 generous tablespoon per cup)
2. Finely chopped red bell pepper pieces
3. Cut green onion
4. Add more shredded cheese if desired
5. Pour whisked egg into each muffin cup to fill it up
6. Cover with foil and bake for 20 minutes or until firm

Egg Bites can be enjoyed after cooling for 5 minutes, or frozen and reheated later.