

BGC Charlottetown Weekly recipes

Dish name:	Egg Bites	
Cook Time :	25 m	Serving: 12 egg bites
Ingredients	<ul style="list-style-type: none">● 7 Eggs● ½ cup bell peppers, diced● ½ cup spinach, chopped● ¼ cup cheese, grated● ¼ cup milk <p>Health Promoting Hint: Two eggs are one serving of protein. Pair this recipe with toast to make it more filling.</p>	
Instructions	<ol style="list-style-type: none">1. Preheat oven to 350°F2. Grease muffin tins (oil or nonstock spray)3. Mix eggs, milk, and seasoning of choice (ex. pepper)4. Evenly add toppings (spinach, peppers, and cheese) to all 12 muffin wells of the muffin tin.5. Pour in egg mixture, being sure to not fill the muffin wells to the top.6. Bake for 20 minutes, or until the tops are no longer raw. <p>Tip: Extras can be frozen and reheated for a quick breakfast.</p> 	

