

## Instant Pot Egg Bites

Servings: 4

### Ingredients:

- 2 eggs
- Splash of water (approximately 1 tablespoon)
- 1/4 cup of cream, sour cream, or milk
- 1/4 cup of cheese of choice (Monterrey Jack, Colby, American, Cheddar, Parmesan)
- Salt & pepper, to taste
- Fillings of choice (e.g., spinach, scallions, pimentos, mushrooms, bell pepper, zucchini, broccoli, tomatoes, ham, bacon, sausage, chorizo, green chilies, etc.)
- 4 - 4 oz. Mason jars (without lids)

### Instructions:

1. **Prepare Jars:** Lightly oil the Mason jars. Place your chosen fillings into the jars.
2. **Blend Ingredients:** In a blender, combine eggs, a splash of water, cream (or sour cream/milk), cheese, and black pepper. If using a salty cheese, omit the salt. Otherwise, add salt to taste. Blend until smooth and creamy.
3. **Divide Mixture:** Pour the egg mixture into the jars, dividing evenly.
4. **Cover Jars:** Cover each jar with a piece of aluminum foil.
5. **Set Up Instant Pot:** Place the trivet inside the Instant Pot and add 1 cup of water.
6. **Cook:** Carefully place the Mason jars inside the Instant Pot. Cover and lock the lid, setting the valve to the sealing position. Pressure cook on high for 7 minutes.
7. **Release Pressure:** Carefully release the steam by pushing the button next to the valve. Use caution as steam can be intense.
8. **Remove Jars:** Once the steam is fully released, open the pot. Carefully remove the Mason jars onto a cutting board using an oven mitt.
9. **Serve:** Remove the aluminum foil and flip the Mason jars over onto a plate. The egg bites should easily fall out onto the plate. Enjoy!
10. **Storage:** Refrigerate in a closed container for up to 5 days. Warm them in the microwave for 10 seconds. Freezing is an option, but the consistency may change.

### Nutritional Breakdown (Per Serving):

- **Calories:** ~110-150 kcal (varies based on cream/milk and cheese used)
- **Protein:** ~7-10g
- **Fat:** ~8-12g
- **Carbohydrates:** ~2-3g
- **Fiber:** ~0-1g
- **Sugar:** ~1-2g
- **Sodium:** ~150-300mg (varies depending on cheese and fillings)

*Note:* The nutritional values can vary based on the specific fillings, type of dairy product, and cheese used. The values provided are estimates for basic ingredients without additional fillings.