



# BACON AND EGG BREAKFAST BITES

(MAKES 3 SERVINGS, 4 EGG CUPS EACH)

TOTAL TIME: 34 MIN.  
PREP TIME: 5 MIN.  
COOKING TIME: 29 MIN.



- 6** Nonstick cooking spray
- 2 cups** large eggs, lightly beaten
- 2 cups** broccoli florets, coarsely chopped
- 3 slices** raw center-cut bacon (or turkey bacon, or vegan alternative)
- 1 cup** cooked quinoa
- ¼ cup** shredded cheddar cheese
- 1** green onion, thinly sliced
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Preheat oven to 350° F.
2. Prepare muffin pan by coating lightly with spray; set aside.
3. Steam broccoli for 4 to 5 minutes, until tender-crisp; set aside.
4. Heat a medium nonstick pan over medium-high heat. Add bacon; cook, stirring occasionally, 5 to 6 minutes, until bacon is crisp. Transfer to a paper towel-lined plate. When cool enough to handle, chop bacon.
5. Combine eggs, broccoli, bacon, quinoa, cheese, green onion, salt (if desired), and pepper (if desired), in a large mixing bowl; mix well.
6. Evenly divide egg mixture among prepared muffin cups.
7. Bake for 15 to 18 minutes, or until a toothpick inserted into the center comes out clean, and eggs are set.

## Tips:

- To make this with egg whites, swap 1½ cups liquid egg whites for the eggs.
- To make this a protein that can be part of any meal, you can swap 1 cup cooked cauliflower rice for the quinoa.
- Spice these up with chopped jalapeño or canned green chiles.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **P** icon are designed to be high in protein. These recipes contain at least 20% of the daily value for protein.



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