



Mini Egg Bites

20
minutes
or less

GF
option

INGREDIENTS

4 That's Smart! large eggs
1 tbsp That's Smart! 2%
reduced-fat milk
¼ tsp Hy-Vee salt
⅛ tsp Hy-Vee black pepper
2 tbsp chopped red bell
pepper
2 tbsp Hy-Vee imitation
bacon bits
1 tbsp Hy-Vee canned
mushroom stems & pieces,
drained; chopped

PREPARATION

- 1** Preheat oven to 350°. Generously spray 12 (1¾-in.) muffin cups with nonstick spray; set aside.
- 2** Whisk together eggs, milk, salt and black pepper in a medium bowl. Stir in bell pepper, bacon bits and mushrooms.
- 3** Divide egg mixture among prepared muffin cups. Bake for 10 to 12 minutes or until eggs are set and puffy. Remove egg bites from muffin cups; let stand 1 minute before serving. Store leftovers in a covered container in the refrigerator up to 3 days.

NUTRITION FACTS

Calories: 60
Total Fat: 3.5g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 125mg

Sodium: 190mg
Carbohydrates: 1g
Fiber: 0g
Sugar: 0g
Protein: 5g