

Sous Vide Kale & Cheese Egg Bites Recipe

The Ingredients:

- 2 cups of liquid egg whites
- 4 whole eggs
- 1 cup of Almond milk (or milk of choice)
- 1 cup shredded cheese of your choice
- 1 tsp of onion powder
- 1 tsp of garlic powder
- 1 cup of cooked Kale
- pinch of salt
- 1 tsp of black pepper
- Avocado spray for spraying silicon egg mold

Instructions:

- 1.) Add 1 cup water to Instant Pot or medium frying pan. Bring to a rolling boil and drop to a simmer when egg bite mold is added.
- 2.) Whisk whole eggs with egg whites. Combine with milk, cheese, seasonings, salt & pepper, and kale.
- 3.) Spray or oil the silicon mold, this will help keep the shape of the egg bite and easier to de-mold. Divide the egg mixture evenly between the compartments of the silicone mold, tightly cover with top if putting in Instant Pot. Leave open if putting in steam frying pan bath.
- 4.) Lower the silicone mold into the Instant Pot or steam frying pan bath. BE CAREFUL!
- 5.) Place the lid on the Instant Pot or the frying pan. Press the MANUAL (high pressure) button and set the timer to 10 minutes for the Instant Pot. If using the steam frying pan, it will take 10 minutes with the lid on.
- 6.) After 10 minutes, check that there is no jiggling. Take the mold out and allow it to cool & rest. Repeat the process with the second mold. Remember to add 1 cup of water again.
- 7.) Allow the egg bites to cool for a few minutes before enjoying. If meal prepping, this can be refrigerated for up to a week.

Servings:
14 bites

