

Everything But The Bagel Egg Bites

MAKES 10 Muffins • PREP TIME: 10 min
COOK TIME: 20 minutes



INGREDIENTS

7 large pasture-raised eggs, room temperature
4 ounces goat cheese, crumbled
½ cup avocado, diced
1 cup zucchini, finely chopped
½ cup cherry tomatoes, quartered
1/3 cup bell pepper, diced
1 tablespoon Everything But The Bagel Seasoning
1 tablespoon fresh basil, chopped

Optional vegetable swaps: broccoli, asparagus, cauliflower, mushrooms.

DIRECTIONS

1. Preheat the oven to 375°F. Line a cupcake pan with cupcake papers or use a sturdy silicone muffin form.
2. Combine the eggs and goat cheese in a large bowl, whisk until well combined.
3. Add the remaining ingredients and stir to combine.
4. Divide the batter evenly amongst 10 muffin cups using a ladle or large spoon.
5. Bake for 20 minutes or until the egg cups are set. Store in an airtight container in the fridge for up to 4 days.

Key Takeaways

Eggs are a good source of choline, a nutrient needed to support brain and neurological function as it is an essential component of all cell membranes in our bodies.