

RECIPE | PEPPERS

MINI PEPPER EGG BITES



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INGREDIENTS

8 oz Pure Flavor® Organic Aurora Bites Mini Sweet Peppers, sliced into rings
4 organic eggs
4 organic egg whites
½ small organic yellow onion, diced
3 cups loosely packed organic spinach, roughly chopped
2/3 cup shredded organic cheddar cheese
¼ cup organic skim milk
1 tsp organic olive oil
Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375° F. Grease or spray a tin for 12 muffins.
2. In a medium frying pan, heat the oil over medium-high heat. Add peppers and onions and sauté until softened, about 5 minutes, stirring occasionally. Add spinach and stir gently until wilted. Remove from heat.
3. In a large bowl, whisk together eggs, milk, cheese, salt and pepper. Pour egg mixture into prepared muffin tins so that each one is about ½ to ⅔ full. Add sautéed vegetables evenly to the egg mixture.
4. Bake for 20-25 minutes or until puffed up and golden brown. Leave in muffin tin for about 5 minutes before removing and serving.



TOTAL TIME

32 minutes

PREP TIME

10 minutes

COOK TIME

22 minutes

SERVES

12

COOKING LEVEL

Easy