

Veggie Egg Bites

HIGH PROTEIN | LOW CARB | NO ADDED SUGAR



Makes:

About 10-12 bites

INGREDIENTS

- 1 small eggplant, grated
 - 1 onion, grated or finely chopped
 - 1 zucchini, grated and patted dry
 - 1 cup grated cheese, plus extra for topping
 - Sliced mushrooms
 - Beaten egg, enough to bind the mixture
 - Salt, pepper and seasoning to taste
 - Optional: herbs, garlic powder, chilli flakes or parmesan for extra flavour
- Ingredient note Use organic ingredients whenever possible. Season well an...

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. . Preheat air fryer or oven to 350°F.
2. . Grate the eggplant, onion and zucchini. Pat the zucchini dry so the mixture does not become watery.
3. . Add the grated vegetables, sliced mushrooms, cheese and beaten egg to a bowl.
4. . Season well and mix until everything is evenly combined.
5. . Spoon into silicone muffin cups or a greased muffin tin.
6. . Sprinkle the remaining cheese over the top.
7. . Bake for about 15 minutes at 350°F, or until set, golden and cooked through.
8. . Let cool slightly before removing from the cups.

VICTORIA'S TIP

■ *This is a flexible clean-out-the-fridge recipe. You can adapt most vegetables, as long as excess moisture is squeezed or patted out.*

APPROXIMATE NUTRITION

Approximate nutrition per bite, assuming 12 bites: 55-75 calories, 4-6 g protein, 3-5 g fat, 2-4 g net carbs. Nutrition will vary depending on the amount and type of cheese and egg used. STOP SUGAR CRAVE™ Low Carb • High Protein • No Added Sugar

RECIPE PAGE - LIGHT BITES

stopsugarcrave.com/recipes-light

Scan the QR code to return to the recipe collection.

