

Bought Egg Bite Molds from Amazon – didn't need to spray oil on these – egg bites popped right out!
Pressure Cooker Accessories with Silicone Egg Bites Molds and Steamer Rack Trivet with Heat Resistant Handles Compatible with Instant Pot Accessories 6, 8 Qt, 3 Pcs with 2 Bonus Spoons (Blue & Purple)

[Brand: Sugaroom](#)



Instant Pot Egg Bites

These Copycat Starbucks Egg Bites are so easy to make and the options for fillings are endless.

7 egg bites - 51kcal Instant Pot Egg Bites <https://amindfullmom.com/instant-pot-egg-bites/>

Equipment [Electric Pressure Cooker \(6 or 8 quart\)](#) and [Egg Bite Molds](#)

Ingredients

Base Egg Bite Recipe

4 large eggs
1/3 cup cottage cheese
1 pinch salt
1/4 teaspoon pepper

Bacon and Gruyere

1/4 cup bacon bits
1/4 cup Gruyere swiss

Mushroom and Swiss

1/4 cup sauteed sliced mushrooms
1/4 cup Swiss Cheese

Ham and Cheddar

1/4 cup diced ham
1/4 cup shredded cheddar

Roasted Red Pepper

1/4 cup chopped roasted red peppers
1/4 cup Monterey Jack cheese
2 tablespoons chopped spinach

Instructions

1. In a blender, place the eggs, cottage cheese, salt, pepper, and shredded cheese, if using. Blend until well combined. Tap the blender on the counter to remove any air bubbles.
2. Divide bacon (or filling of your choice) evenly between the egg bite molds. Pour the egg batter into the egg molds, dividing the mixture evenly. Each egg mold should be about ¾ths of the way full. Cover the egg bite mold with foil.
3. Pour 1.5 cups of cold water into the inner pot of the pressure cooker and place a metal rack inside the inner pot. Place the egg bites on the rack, stacking the molds if you prepared a double batch.
4. Place the lid on the inner pot and be sure the vent knob is sealed. Set cook time for 9 minutes on high pressure. Do this by hitting manual or pressure cook and use the +/- buttons to read "9."
5. Once cook time has elapsed, let the pressure release naturally for 10 minutes. Then do Manual Release.
6. Remove the egg bite mold from the inner pot and let rest for 2-5 minutes before inverting the mold onto a plate.

Nutrition

Calories: 51kcal | Carbohydrates: 1g | Protein: 5g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 108mg | Sodium: 83mg | Potassium: 50mg | Sugar: 1g | Vitamin A: 168IU | Calcium: 24mg | Iron: 1mg

The way I made it – added bacon, chopped broccoli and cheddar cheese



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Prep Time 5 mins	Cook Time 9 mins	Time for Pressure to Build and Release 15 mins	Total Time 29 mins
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Course: Breakfast Cuisine: American Servings: 7 egg bites
 Calories: 57 kcal Author: Kristen Chidsey

Equipment
 Electric Pressure Cooker (6 or 8 quart)

★★★★★
 4.94 from 78 votes



Cranberry-Walnut Power Bagels (gourmetgirlcooks.com)

Preheat oven to 350 degrees F.
 In a medium sized bowl, mix with a whisk to help break up any lumps
 1/4 cup coconut flour, sifted
 1-1/4 cup blanched almond flour
 1/2 cup ground chia seeds
 2 teaspoons baking powder
 1 teaspoon baking soda

Made batch of these bagels to go with my grab and go egg bites!