

3 Ingredient Egg Bites That Are Fluffy, Simple, and Keto-Friendly

Low Carb 3 Ingredient Egg Bites



OVEN
350°F

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INGREDIENTS

Eggs
Shredded cheese
Cooked bacon, sausage, or another simple protein mix-in

DIRECTIONS

1. Preheat your oven to 350°F and lightly grease a muffin tin or silicone egg bite mold.
2. In a bowl, whisk the eggs until smooth and fully combined.
3. Stir in the shredded cheese and your cooked protein of choice.
4. Divide the mixture evenly into the prepared muffin cups.
5. Bake until the egg bites are set in the center and lightly golden around the edges.
6. Let them cool for a few minutes before removing them from the pan.
7. Serve warm, or cool completely and store for meal prep.
8. The exact baking time will depend on the size of your muffin cups, but they usually cook fairly quickly, which makes them even more convenient.

SWAPS & NOTES

Eggs are the base of the recipe, so fresh eggs will give you the best texture and flavor.

Whisking them well helps the bites turn out lighter and more evenly baked.

Cheese adds flavor, richness, and a little structure.

Cheddar is a classic choice, but mozzarella, Swiss, Monterey Jack, or a Mexican blend can all work depending on the flavor you want.

TIPS FOR SUCCESS

Greasing the pan well is one of the biggest keys to success.

Egg bites can stick easily, especially if you are using a standard muffin tin.

Silicone molds or liners can make removal much easier.

Egg bites should be just set in the center.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/3-ingredient-egg-bites-that-are-fluffy-simple-and-keto-friendly/>