



Mushroom Kale Egg Bites

Brighten your morning routine with our new Mushroom Kale Egg Bites recipe!

Ingredients:

- 1/8C water
- 1/2C chopped mushroom
- 1/2t minced garlic
- 1C chopped kale
- 2 eggs
- 1/4C shredded mozzarella
- 2T ricotta cheese
- Salt & pepper to taste
- Non-stick spray

Directions:

1. Add water, mushrooms and garlic to pan. Sautee for about 3 minutes.
2. Turn off heat, add kale and stir until wilted.
3. In a bowl combine eggs, mozzarella cheese, ricotta cheese and salt & pepper. Blend together.
4. Prepare the egg maker by filling one of the small silicone cups with water, and pour it onto the heating plate.
5. Spray small cups with non-stick spray
6. Fill cups 2/3 with egg mixture. Add mushroom kale mixture and stir in.
7. Carefully place cups in the egg maker. Allow egg bites to cook for approximately 7-10 minutes, or until the water on the cooking surface has completely evaporated.
8. Carefully remove cups from egg maker.

“As the man once said, the harder you work, the luckier you get.” -Ted Lasso

