
Bacon and Gruyere Egg Bites

8 large large eggs (400 g) Room temperature works best
3/4 cup cottage cheese, Full-fat gives the creamiest texture
1 cup Gruyere cheese (75 g) shredded
1/2 cup cooked bacon, chopped (crispy is key), cooked sausage, or ham
1/4 teaspoon salt
1/8 teaspoon black pepper

Preheat your oven to 300°F (low and slow is key). Generously grease a 12-cup muffin tin with cooking spray or butter. Place the muffin tin inside a large roasting pan.

Cook 6 strips of bacon until crispy, about 15-18 minutes at 400°F. Let cool slightly, then chop into small pieces.

Add eggs, cottage cheese, Gruyere cheese, salt, pepper, and cayenne (if using) to a blender. Blend on medium-high speed for 30-45 seconds until completely smooth and frothy.

Divide the chopped bacon evenly among the muffin cups. (Use a 1/4 cup measure to do the initial division. Then just eyeball the rest.) Pour the egg mixture over the bacon, filling each cup about 3/4 full.

Carefully pour hot water into the roasting pan until it reaches halfway up the sides of the muffin tin. Cover with aluminum foil.

Bake for 22-25 minutes, until set in the center but still slightly jiggle.

Remove the muffin tin from the water bath and let cool in the tin for 5 minutes. Run a butter knife around the edges and gently pop out.

Notes:

You can also add cooked broccoli, onions, and/or red pepper into the muffin cups before adding the egg mixture.

I am switching to using a silicone muffin pan to make the egg bites easier to get out.

Egg bites can be frozen for later use. Refrigerate in an airtight container for up to 5 days.