

Bitchin' Egg Bites!

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On the go A.M. Bitchin'ness! This power-packed eggy brekkie is a downright delicious whirlwind of pepper jack cheese, veggies, and hearty Spinach Artichoke Bitchin' Sauce. Make a batch for the week ahead, or serve 'em fresh & fuel your sauciest adventures!

Serves:

12

Prep Time:

10 mins

Cook Time:

25 mins

Calories:

160

## Ingredients

Measurement	Ingredient
<b>1 Tub</b>	Spinach Artichoke Bitchin' Sauce
<b>6</b>	Eggs
<b>3/4 cup</b>	Heavy Cream
<b>8 ounces</b>	Pepper Jack cheese, shredded
<b>15 ounces (2 jars)</b>	Artichoke hearts, chopped
<b>2 packed cups</b>	Spinach, chopped
<b>2</b>	Bell peppers, chopped
<b>1 tbsp</b>	Garlic powder
<b>1 tbsp</b>	Black pepper
<b>1 tbsp</b>	Oregano
<b>1/2 tbsp</b>	Salt
<b>1/4 cup</b>	Parsley, chopped (optional)

## Method

1. Preheat oven to 350°F
2. In a large bowl, mix eggs and 3/4 cup heavy whipping cream, salt, pepper, garlic powder, onion powder, oregano, and parsley.
3. In a separate bowl, combine chopped veggies and shredded cheese. Add half the tub of Spinach Artichoke Bitchin' Sauce to this mixture.
4. Gently fold the veggie, cheese and sauce mixture into the large bowl with eggs and cream.

5. Scoop contents into a 12pc muffin tin, filling each to about the 3/4 mark.
6. Bake for 20-25 minutes until mostly golden.
7. Plate & top with additional Bitchin' Sauce to serve!