Instant Pot Keto Sous Vide Egg Bites (Bacon + Cheddar)

Active Time: 5 minutes | **Total Time:** 20 minutes | **Serves:** 6

Nutrition Information Per Serving

239.8 calories, 1.21 g carbohydrate, 0 g fiber, 1.21 g NET carbs, 14.14 g protein, 19.86 g fat

Ingredients

- 6 large(s) pastured eggs
- 4 ounce(s) organic cheddar cheese, shredded
- 1/4 cup(s) organic cottage cheese
- 1/4 cup(s) organic heavy cream
- 4 slice(s) pasture-raised bacon, cooked
- 1 Tbsp avocado oil

Preparation

1. Add 2 cups water to the Instant Pot. Place rack in bottom. Grease Egg Bite mold with avocado oil.
2. In a high-powered blender, add the eggs, cottage cheese, heavy cream, and cheddar cheese. Blend on high speed for 30 seconds.
3. Place cooked bacon in the wells of the Egg Cups. Pour egg mixture into the wells of the Egg Bite mold, filling 3/4 full.
4. Top with a flat plate or a bacon press (Note: We do NOT recommend using the plastic top as this will leach chemicals into your egg bites).
5. Close and lock the lid. Set to Steam and adjust time to 8 minutes.
6. When time is up, remove egg bite mold from Instant Pot and gently scoop out egg bites with a spoon.
7. Serve.
8. Original Yield: 12 Egg Bites (6 Servings of 2 Egg Bites)

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