



Air Fryer Cheesy Egg & Broccoli Bites

Active Time: 5 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

253.9 calories, 4.74 g carbohydrate, 1.56 g fiber, 3.18 g NET carbs, 16.39 g protein, 19.13 g fat

Ingredients

- 1/4 tsp(s) salt
- 2 Tbsp(s) coconut flour
- 3 cup(s), chopped broccoli, steamed and chopped
- 1 ounce cream cheese, softened
- 12 1/2 ounce(s) cheddar cheese, shredded
- 1/2 cup(s) Parmesan cheese, grated
- 1/2 tsp(s) garlic powder
- 1/4 tsp(s) pepper
- 2 large(s) eggs, beaten
- 1 tsp baking powder

Preparation

1. Preheat Air Fryer to 400 degrees F.
2. In a medium mixing bowl combine the eggs, cream cheese, cheeses and spices. Stir in the coconut flour and baking powder. Fold in the broccoli.
3. Chill dough 10 minutes, then spoon into a silicone mini muffin pan.
4. Transfer to Air Fryer and air fry 12-15 minutes to golden.

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