

Air Fryer Egg Bites

Description

These Air Fryer Egg Bites are a quick, protein-packed breakfast or snack that's easy to make and endlessly customizable.

A Quick Story Behind the Bites

There's something comforting about waking up to the smell of something warm and hearty cooking in the kitchen. One hectic weekday morning, I needed a quick, protein-rich breakfast that I could grab on the go—but I wanted it to taste like I actually put in some effort. That's when I turned to my trusty air fryer. With just a few staple ingredients from the fridge—eggs, leftover ham, cheese, and green onions—I whipped up these egg bites. They came out so light, flavorful, and satisfying, they instantly became a weekly go-to. Now, they're not just a breakfast fix—they're a meal-prep staple!

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Ingredients You'll Need

- **4 large eggs** — The star of the recipe, providing structure and protein.
- **¼ cup milk** — Makes the texture creamier and fluffier.
- **2 green onions, finely chopped** — Adds a fresh, mild bite.
- **¼ teaspoon salt** — Enhances overall flavor.
- **½ teaspoon black pepper** — Gives a subtle kick.
- **½ cup chopped ham** — Pre-cooked and finely chopped for easy mixing.
- **½ cup shredded cheese** — Cheddar, Swiss, or Monterey Jack work beautifully.
- **Nonstick cooking spray** — Essential for easy release from molds or ramekins.

Step-by-Step Instructions

1. Preheat the Air Fryer

Set your air fryer to **300°F (150°C)** and allow it to preheat while you prepare the egg mixture. Preheating ensures even cooking.

2. Whisk the Eggs

In a medium bowl, **whisk together the eggs, milk, salt, and pepper** until smooth. The better the whisk, the fluffier the result.

3. Add Fillings

Stir in **chopped ham, shredded cheese, and green onions**. You can also distribute these ingredients directly into the molds before adding the egg mixture if you want more control over presentation.

4. Grease the Molds

Spray **silicone muffin molds or ramekins** with nonstick cooking spray to prevent sticking and ensure easy removal.

5. Fill the Molds

Pour the egg mixture into the molds, filling each about **¾ full** to allow room for puffing as they cook.

6. Air Fry to Perfection

Place the molds in the air fryer basket without overcrowding. Cook at **300°F (150°C)** for **8-10 minutes** or until the centers are set. Use a toothpick to test for doneness—it should come out clean.

7. Cool and Serve

Let the egg bites sit in the molds for **1-2 minutes** before carefully removing them. Serve them **warm**, or let them **cool completely** before storing in the fridge for up to 4 days.

Tips & Variations

- **Switch it up:** Try cooked bacon, sausage, or veggies like spinach or bell peppers.
- **Dairy-free?** Use plant-based milk and skip the cheese or try a dairy-free alternative.
- **Storage:** Refrigerate in an airtight container and reheat in the microwave or air fryer.
- **Freezer-friendly:** Freeze in a single layer, then transfer to a bag. Reheat straight from frozen in under 5 minutes.

Why You'll Love These Egg Bites

- **Quick and easy** – No oven required.
- **Great for meal prep** – Make a batch ahead for the week.
- **Keto-friendly and low carb** – Packed with protein and flavor.
- **Customizable** – Add your favorite mix-ins.

Category

1. Air Fryer Recipes

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