

Air Fryer Egg Bites

Description

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

A Quick Story Behind the Bites

Thereâ??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 goâ??but I wanted it to taste like I actually put in some effort. Thatâ??s when I turned to my trusty air fryer. With just a few staple ingredients from the fridgeâ??eggs, leftover ham, cheese, and green onionsâ?? I whipped up these egg bites. They came out so light, flavorful, and satisfying, they instantly became a weekly go-to. Now, theyâ??re not just a breakfast fixâ??theyâ??re a meal-prep staple!

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Ingredients Youâ?? II Need

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

5. Fill the Molds

Pour the egg mixture into the molds, filling each about \hat{A}^{3} 4 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 300ŰF (150ŰC) for 8â??10 minutes or until the centers are set. Use a toothpick to test for donenessâ??it should come out clean.

7. Cool and Serve

Let the egg bites sit in the molds for 1â??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 Youâ??II Love These Egg Bites

- â? Quick and easy â?? No oven required.
- â? Great for meal prep â?? Make a batch ahead for the week.

- â? **Keto-friendly and low carb** â?? Packed with protein and flavor.
- â? Customizable â?? Add your favorite mix-ins.

Category

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