

## Egg+Cheese Bites

Amy (my carnivore/egg fast buddy) LOVES these cheese bites, adapted from Ketogenic Woman: <https://www.youtube.com/watch?v=hfV1QCqp4U0> with Anita. She does suggest using an InstantPot or an air fryer; I found my multi-functional Ninja countertop oven worked very well.

As with any egg bites, you can jazz them up with different cheeses, spices, and even bacon (although I myself am kosher and don't eat pork or shellfish). I think smoked salmon might be a delicious addition, though, especially if you make these egg bites with cream cheese.

Here's the basic recipe:

### Ingredients:

Three large eggs, beaten into submission

45g (3 Tbsp, 1½ oz) Carnivore mayonnaise – recipe under Egg Fast Recipes

50g (2 oz) cottage cheese ... or cream cheese, or even ricotta

125g (4 oz) cheese – grated Cheddar, Swiss, Parmesan, or any mixture thereof

A good pinch of salt

Optional: pinch of cinnamon or nutmeg, or a sprinkle of smoked paprika over the top

A little bacon, turkey bacon, or smoked salmon (but not for the Egg Fast)

### Method:

1. In a medium bowl, whisk together the eggs, mayo, salt, any seasonings, and half the grated cheese.
2. Divide this mixture into six silicon muffin molds, or egg bite molds if you have them. Sprinkle the remaining cheese evenly over the tops.
3. Cook as follows:
  1. In the Airfryer, cook at 360°F / 180°C for ten minutes.
  2. In the (preheated) oven, bake at 350°F / 175°C for ten minutes, then broil for one minute to make the tops more crispy.
  3. In the Ninja countertop oven, bake on air fryer mode for eight minutes.
4. Cautiously remove the egg bites from whichever device you use, as they will be very hot! Place on a cooling rack until you can handle them.