

## Spinach and Feta Egg Bites



*Perfect for a quick breakfast, a nutritious snack, or an easy addition to a speedy lunch, these egg, baby spinach, and feta bites come together in no time. Not to mention their high protein content helps keep you full longer! Our dietitians love recommending them to make meal planning easier. They pair perfectly with our [bruschetta and cottage cheese toast](#).*

Preparation 5 min  
Cooking 30 min  
Servings 12  
Nutrition Facts (per serving)  
Calories 100  
Fat 8  
Carbohydrates 1  
Fibre 0  
Protein 8  
Sodium 180

### **Ingredients**

- 12 eggs
- 4 oz (120g) feta cheese, crumbled
- 15 ml (1 tbsp) olive oil
- 1 L (4 cups) spinach, chopped

## Preparation

1. Preheat the oven to 350°F (180°C).
2. In a medium bowl, whisk the eggs with crumbled feta.
3. Lightly grease a 12-cup muffin tin with olive oil. Divide the chopped spinach evenly among the muffin cups.
4. Pour the egg mixture over the spinach, distributing it evenly.
5. Bake for 30 minutes, or until the tops are set and lightly golden.

## Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer.

Although the recipe makes 12 bites, a typical serving is 2 to 3 bites. The amount may vary depending on your needs, for example in a weight management or sports nutrition context.



Sophie Idris – Nutritionniste Diététiste à Montréal  
Registered Dietitian Nutritionist in Montreal