

4g ⌚ 1 h 10 m | Easy

Egg bites with smoked salmon and dill

What's an egg bite? Please, let us enlighten you! Egg bites are like the custardy inside of a quiche; in this case, they're filled with smoked salmon and dill, but we have other versions, too! They're creamy and fluffy at the same time and great for meal prepping — we keep a stash in the fridge for quick grab 'n' go keto breakfasts. So filling and so good, we can't remember what life was like without them!



6 Servings

Ingredients

16 large eggs
1½ cups whole milk
1 tsp salt
½ tsp ground black pepper
5 oz. smoked salmon, sliced into strips
2 tbsp fresh dill, chopped

Instructions

- 1 Preheat the oven to 300°F (150°C) and line a 13" × 9" (33 x 23 cm) baking dish with parchment paper — the paper should come up the sides of the dish. Place the dish in a deep roasting tin (large enough to comfortably fit the dish you're using for the egg bites). Add hot tap water (not boiling) to the roasting tin until it reaches about 1-inch (2.5 cm) up the outer sides of the baking dish.
- 2 Crack the eggs into a large bowl and add the whole milk, salt, and pepper. Mix with an immersion blender until smooth. If using a hand whisk, pour the egg mixture through a sieve after whisking to remove any remaining lumps or egg shells.
- 3 Pour the egg mixture into the baking dish lined with parchment paper. Distribute the smoked salmon and dill on top. Cover tightly with aluminum foil and bake for 1 hour.
- 4 Let the egg bites cool slightly, then lift them out of the dish by holding the sides of the parchment paper. Cut into 24 squares (if making 6 servings), which is 4 egg bites per serving.

Tips

Bake them in a muffin tin for individual servings. Brush muffin tin cups with a little bit of melted butter and proceed with the recipe. Bake for 35-40 minutes.

Serving suggestions

Top each egg bite with a dollop of sour cream and chives.

Storage

These egg bites stay fresh for up to 5 days in the fridge in an air-tight container.

Reheating

These are great cold, but if you prefer a warm breakfast, reheat in the microwave for 30 seconds.