



Creamy & Savory Sous Vide Egg Bites



SERVES: 10-15

PREP TIME: 30 MINUTES

COOK TIME: 1 HOUR

Ingredients

- 16 ounces cottage cheese
- 1 dozen eggs
- 1 bunch of scallions diced
- 1 cup grated gruyere cheese
- Salt and pepper to taste
- 10 to 15, 4-ounce canning jars
- Cooking spray

Preparation

1. Preheat your water bath to 170 °F (76 °C).
2. Place cottage cheese and eggs into a large mixing bowl and puree with immersion blender or a regular blender until smooth.
3. Add the bacon, scallions, cheese, salt and pepper to taste and mix well.
4. Prepare your 4-ounce canning jars with cooking spray.
5. Pour egg mixture into jars, dividing evenly amongst all cups, about $\frac{3}{4}$ of the way full. And secure the lid.
6. Place the jars into the water and cook for one hour.
7. Once cooked, remove them from the water bath and serve immediately. For a little variety, serve with fresh tomatoes and herbs, a dollop of crème fraîche, hollandaise sauce or salsa. Simple and delicious!