

Egg Bites

2	Eggs
1/2 Cup	Sour Cream
1 Teaspoon	Dry Mustard
1/2 Cup	Ricotta Cheese
1 Pinch	Cayenne Pepper
2 Cups	Shredded Cheese
Optional	Veggies or meat of choice



Prep

- Preheat oven to 350°
- Chop veggies into small pieces
- Cook any meat or veggies that you prefer pre-cooked (garlic, onion, peppers, etc.)
- Beat the eggs then mix in the rest of the ingredients
- Scoop mixture into muffin tins of your choice

Bake

Bake in the oven until set. Time will depend on size of muffins - perhaps 12-15 minutes for mini muffin size and 35-45 minutes for larger sizes. Rest for five minutes before removing from the tins.



Filling Ideas

- Asparagus
- Diced green chilis
- Diced tomatoes
- Chopped spinach
- Diced ham
- Crumbled bacon
- Any cheese you like

You can find recipes, deals, discounts and other great resources for RVers and campers including a weekly podcast at StressLessCamping.com

