



TASTY TREATS

Egg bites were first introduced at Starbucks stores in the US in 2017.

WARNING!

Ask an adult's permission before using the stove and oven.

Bake a batch of breakfast egg bites

Ingredients

- Cooking spray
- 8 large eggs
- 1 cup plus 2 tablespoons cottage cheese
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{3}{4}$ cup gruyere, shredded
- 2 scallions, chopped
- 6 slices cooked bacon, roughly chopped (optional)

Instructions

1. Heat oven to 350° F. With an adult's help, bring 3 cups of water to a boil. Coat a 12-cup muffin tin with cooking spray and place the tin onto a rimmed baking sheet.
2. In a blender, combine the eggs, cottage cheese, salt, and pepper. Purée a few seconds until smooth.
3. Distribute the gruyere, scallions, and bacon (if you're using it) evenly among the wells of the muffin tin, reserving 1 heaping tablespoon of each.
4. Pour egg mixture into each well, distributing it evenly. Use a butter knife to blend the add-ins in each well.
5. Top the bites with the reserved gruyere, scallions, and the optional chopped bacon.
6. With an adult, place the muffin tin, still on the baking sheet, into the oven. Ask an adult to immediately pour the hot water onto the baking sheet. (This step, called a "water bath," will keep the egg bites soft and creamy.)
7. Bake the egg bites until cooked through, about 25 to 30 minutes. With an adult's help, carefully pull the baking sheet with muffin tin from the oven, then remove muffin tin from baking sheet. Let egg bites cool slightly before removing from the tin. Makes 12 egg bites.



ECO TIP OF THE WEEK

GROW A MINI HERB GARDEN

Herbs are plants that have leaves, seeds, or flowers and can be used for many purposes. Some, like aloe vera, can help heal cuts and burns. Many herbs, like basil, cilantro, parsley, oregano, and thyme, are used in cooking or to flavor prepared dishes. Herbs are easy to grow, can thrive inside or outside, and can be grown in a container or a garden. By growing your own herbs, you can help the environment by avoiding buying herbs wrapped in plastic and shipped to a store. With an adult, visit a local gardening center to buy herb seedlings (young plants). They can be grown in small pots on a windowsill or outdoors. Put them where they will get plenty of sun, and water sparingly.



Herbs can flavor your dishes.