



# CHEESY PEI POTATO BITES

## INGREDIENTS

- 2 cups of mashed PEI Potatoes
- 3 eggs
- 2/3 cup Grated Cheese
- Salt and pepper as desired
  
- Options:
- 1/2 cup of steamed broccoli
- 1/2 cup of cooked, chopped bacon
- 3 spring onions
- Diced sauteed vegetables

**PREP TIME: 5 MINUTES**  
**COOK TIME: 20 MINUTES**  
**MAKES 6 SERVINGS**

## DIRECTIONS

Step 1: Preheat oven to 400 degrees Fahrenheit (205 degrees Celsius). Coat a muffin tin with vegetable oil or non-stick cooking spray..

Step 2. Combine mashed potatoes, eggs, cheese, salt and pepper into a bowl. Stir until all ingredients are combined.

Step 3. Add any other optional ingredients you would like to the bowl and stir gently with a wooden spoon or spatula.

Step 4. Divide the mixture evenly into the muffin tin. Bake for 20 minutes.

Step 5: Remove from the oven and serve immediately. Enjoy!

Nutrition per serving:

- 6 grams of protein
- 6 grams of fat
- 10 grams carbohydrate
- 125 calories

Make sure to always ask an adult before preparing this recipe.

