

Fetta & Spinach Egg Bites (V) - 7 Serve S8

Canonical:

<https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/fetta-spinach-egg-bites-v-7-serve-s8/>

Description:

Light, fluffy, and full of flavour — our Fetta & Spinach Egg Bites are the perfect high-protein snack to fuel your day. Made with egg and blended with creamy fetta, spinach, and a hint of spice, they offer a savoury bite-sized option that's both satisfying and convenient. Whether you're after a mid-morning pick-me-up or a post-workout snack, these egg bites deliver a nutritious boost without the fuss.

Ingredients: Pasteurised Egg (62%), Fetta Cheese (10%) [Cow's Milk, Salt, Non-Animal Rennet, Culture], Water, Spinach (6%), Cheese (Milk), Sunflower Oil, Skim Milk Powder, Thickener (1442), Stabiliser [Maize Starch, Vegetable Gum (415, 412)], Salt, Spice. ALLERGENS:Contains: Egg, MilkMay Contain: Wheat, Gluten

Details:

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Price: 19.99

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215936151741&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_or_ganic&utm_campaign=sag_organic)

Product Intelligence

Fetta & Spinach Egg Bites (V) - 7 Serve: Technical Details, Specifications, and Features ## Product Overview The **Fetta & Spinach Egg Bites (V) - 7 Serve** is a vegetarian egg-based snack product offered by **Be Fit Food**. These light, fluffy egg bites deliver a savory, nutrient-dense option designed for convenient consumption throughout the day. ## Nutritional Specifications Each serving provides: - **Calories:** 80 cal - **Protein:** 5.3g - **Carbohydrates:** 2.1g The product is offered in a **7-serve package**, making it ideal for meal prep or weekly snacking. ## Dietary Classifications The product carries the following designations: - **Vegetarian (V):** Contains no meat products - **Vegan-Friendly:** Formulated to accommodate vegan dietary preferences - **High-Protein Snack:** Delivers substantial protein content per serving ## Key Ingredients The Fetta & Spinach Egg Bites are

composed of: - **Pasteurised Egg (62%)**: Primary ingredient providing protein and structure - **Fetta Cheese (10%)** [Cow's Milk, Salt, Non-Animal Rennet, Culture] - **Water** - **Spinach (6%)** - **Cheese (Milk)** - **Sunflower Oil** - **Skim Milk Powder** - **Thickener (1442)** - **Stabilisers**: Maize Starch, Vegetable Gum (415, 412) - **Salt** - **Spice** ## Allergen Information **Contains**: Egg, Milk **May Contain**: Wheat, Gluten ## Pricing - **Regular Price**: \$24.95 - **Availability**: One-time purchase or subscription options available ## Product Features ### Taste Profile and Texture - Light and fluffy texture - Full of flavor with savory profile - Blended creamy fetta and spinach - Hint of spice for enhanced taste ### Convenience Factors - **Quick Preparation**: Ready-to-eat format requiring minimal preparation - **Portable**: Bite-sized portions suitable for on-the-go consumption - **Versatile Usage**: Appropriate for mid-morning pick-me-ups, post-workout snacks, or quick breakfast options - **Microwave-Friendly**: Can be easily heated for immediate consumption ## Customer Satisfaction The product has received **4.8-star ratings** based on 25 verified reviews. Customers consistently praise the product for: - Convenience as a protein snack - Excellent taste quality - Utility for early morning shifts - Suitability as a quick breakfast option - High palatability and satisfying nature ## Storage and Quality Standards - **Frozen Storage**: Product is designed for freezer storage - **Clean Label Standards**: Be Fit Food maintains clean label standards with no artificial ingredients - **Scientific Formulation**: Products are scientifically formulated to deliver measurable health results - **GMP-Compliant Manufacturing**: Ensuring product quality and safety standards ## Serving Suggestions Customers have reported using the Fetta & Spinach Egg Bites as: - A standalone snack (one to three units per serving) - A complement to breakfast dishes (e.g., with muffins) - A convenient protein source for shift workers and those with irregular schedules --- ### References - [1] bff-products-fetta-spinach-egg-bites.md - [3] bff-products-28-meal-bundle-vegetarian-set-box.md - [6] bff-products-bacon-spinach-fetta-protein-muffin-gf-1.md