

Sausage & Egg Muffins

Prep Time
mins

Cook Time
20-25 mins

Total Time
mins

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Recipe type: Breakfast or Snack

Servings: 6 (2 muffins per serving)

Ingredients

1 lb. ground breakfast sausage
8 eggs
3 TB milk or dairy-alternative milk like almond or coco
2 TB melted coconut oil or olive oil
½ tsp aluminum free baking powder
1 tsp salt
Pepper, to taste
Any vegetables you want to add! Onion, peppers, spinach, broccoli, etc.
Shredded cheese to top (optional)



Instructions

1. Preheat oven to 375°F.
2. Brown the sausage in some butter or coconut oil.
3. Beat the eggs, milk, oil, baking powder, salt and pepper in a small mixing bowl.
4. Grease a 12-muffin tin very well with coconut oil.
5. Divide the sausage and your veggies up in the 12 cups.
6. Pour the egg mixture over the sausage and veggies. Top with cheese.
7. Bake in oven for 20-25 minutes.

Variations: Change up the veggies and meat! Try zucchini, tomatoes, asparagus, or mushrooms. For meat try crumbled bacon, fresh or canned chicken, ground turkey or deli turkey.

Balanced Meal Idea - To add a carb source, load up on the veggies and have a couple egg muffins with a side of fruit. Here is the breakdown to help you:

Protein – Eggs, sausage

Carbs – Veggies, fruit (or sprouted grains (or gluten free) toast)

Fat – Egg yolks, sausage, butter/oil used