



Sausage Egg Bites

SERVINGS: 4

PREPPING TIME: 20 MINS

COOKING TIME: 40 MINS

Ingredients

6 eggs
1 1/4 cup egg whites
1/2 cup cottage cheese
1 tsp salt
1 tsp pepper
1 small bunch of green onions
1/2 ground breakfast sausage
avocado spray

Directions

- 1.Preheat oven to 350 degrees.
- 2.Heat a pan over medium heat.
- 3.Chop green onions and add to oiled pan.
- 4.Cook until starting to blacken.
- 5.Cook breakfast sausage till all is browned.
- 6.Blend eggs, egg whites, cottage cheese, salt and pepper in blender.
- 7.Place muffin liners in muffin pan, spray with avocado oil and add a cookie sheet underneath with enough water to coat pan. This is so the bottoms of the egg bites don't burn.
- 8.Add equal amounts of sausage to each muffin cup. Enough to just coat the bottom.
- 9.Next add charred green onions to each muffin cup.
- 10.Lastly add equal amounts of egg mixture, this is almost to the top of each muffin cup.
- 11.Bake for about 30-40 minutes or until eggs are cooked through.
- 12.Store in refrigerator for quick, on the run breakfast.

These make ahead egg bites are great for those busy mornings. They heat well in the microwave.

Heat for about 1 minute for 2 egg bites.