

Sausage and Egg Muffins

Ingredients

- 1 lb breakfast sausage- I use nitrate/nitrite free
- 1 cup cheese of choice- sharp cheddar or colby jack are delish
- 8 eggs
- ½ cup cottage cheese
- 1 cup milk of choice
- 1 cup flour
- 1 tsp baking powder
- 1 tsp mustard powder
- ½ tsp salt
- ½ tsp pepper

Directions

1. Preheat oven to 400 degrees.
2. Crumble sausage into a medium skillet. Cook over medium heat until evenly brown; drain
3. Mix together all ingredients in a medium mixing bowl.
4. Line muffin tins with liners (silicone work the best by far!)
5. Fill each muffin tin ¾ way full with egg mixture. Should make 24 muffins
6. Bake on 400 degrees for about 20 minutes.
7. Let cool and store in fridge.
8. Reheat great in the microwave wrapped in a damp paper towel or the air fryer

MADE WITH LOVE

by Teresa Forehand