

Breakfast Bites

This recipe will make approximately 48 mini muffin bites*

[Adventures in Freeze Drying: Freeze Dried Breakfast Bites: Perfect for Hiking or Camping](#)

Ingredients:

2 ¼ C shredded potatoes (if using frozen let thaw)	½- 1 C diced mushrooms
1 lb cooked Sausage (drained and rinsed well)	6 Eggs
⅓ C diced Pepper	½ C milk of choice
⅓ C diced Onion	Salt and pepper to taste
	1 tsp Worcestershire
	Optional: Finely Shredded Cheese



Directions:

1. Preheat oven to 350 °F and lightly grease two 24 muffin mini muffin tins
2. Combine potatoes, cooked sausage and veggies, then add to the 48 mini muffin tins.
3. Bake veggie mix for 15 minutes or until potatoes are fully cooked.
4. While veggies are baking, combine eggs, milk, and spices, recommend you use an immersion blender to mix well.
5. Pour egg mixture over the cooked veggies, just to the top of each mini muffin spot, you can add a sprinkle of shredded cheese to the top if desired.
6. Bake for 5-10 minutes until the egg mixture is cooked clear through and is springy to the touch.
7. Let cool, and then place each breakfast bite onto a parchment lined tray (parchment will help to soak up residual grease from the sausage).
8. Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 hours	Rehydration: Add 1 Tablespoon of Hot water from your faucet, and let sit for 3-5 minutes. Do not use boiling water, the eggs are already fully cooked so boiling water will over cook the eggs.
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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray