

Breakfast Egg Bites

This recipe makes about 48 mini muffin bites



Ingredients

2 ¼ cups shredded potatoes (thawed)
1 lb cooked sausage (drained & rinsed well)
½ cup diced pepper
½ cup diced onion
1 cup diced mushrooms
6 eggs
½ cup milk of choice
1 tsp Worcestershire sauce

Salt and pepper to taste

Optional: finely shredded cheese

Directions:

1. Preheat your oven to 350°F
2. Lightly grease two 24-cup mini muffin tins
3. In a large bowl, combine the shredded potatoes, cooked sausage, diced peppers, onions, and mushrooms.
4. Evenly distribute the mixture into the 48 mini muffin tin cups
5. Bake the filled muffin tins for 15 minutes or until the potatoes are fully cooked
6. While the veggie mixture is baking, combine the eggs, milk, salt, pepper, and Worcestershire sauce in a bowl
7. Use an immersion blender or whisk thoroughly to ensure the mixture is well combined
8. Pour the egg mixture over the baked veggie mix, filling each muffin cup just to the top
9. If desired, sprinkle shredded cheese over each muffin for extra flavor.
10. Return the muffin tins to the oven and bake for an additional 5-10 minutes, or until the eggs are fully set and springy to the touch
11. Allow the mini muffins to cool slightly before removing from the tins
12. Let cool, and then place each breakfast bite onto a parchment-lined tray
13. Freeze Dry (my cycle time was 24 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Place 1 mini muffin in a small bowl and add 1 tablespoon of hot tap water to the bowl. Let it sit for 3-5 minutes. The muffin will soak up the hot water. Avoid using boiling water, as the eggs are already fully cooked and could become overcooked. You can pop this in the microwave for 20-30 seconds after rehydrating for an even yummiier bite.

Nutritional Value Per 1 mini muffin

Calories: 42 Protein: 2 g Fat: 2 g Carbohydrates: 1 g Sugar: <1 g Fiber: <1 g