



# Gluten-Free Sausage Egg Muffins | Portable Breakfast Bites

## directions

1. Preheat oven to 350 degrees. Spray a 6 cup muffin tin with cooking spray.
2. Break Sausage Patties up into bite-size pieces and brown in a skillet. Drain on paper towels.
3. In a mixing bowl whisk together the eggs, half & half, salt and black pepper.
4. Fill each cup of the muffin tin half way with the egg mixture. Sprinkle half the diced red bells, half the green onion, half the shredded cheese and half the chopped parsley over egg mixture.
5. Divide cooked sausage between the cups and top with the remaining egg mixture. Sprinkle the remaining vegetables and cheese on top. Place muffin tin on a sheet pan in case there is any spillage.
6. Bake for 15 to 20 minutes or until sausage-egg mixture is puffy and cooked inside.

6 <i>servings</i>	20 min <i>prep time</i>	15 min <i>cook time</i>
<b>ingredients</b>  6 Swaggerty's Farm All Natural Sausage Patties  8 eggs  1/2 cup half & half or 2% milk if you prefer  Salt and freshly ground black pepper  1/2 red bell pepper, diced  1 green onion, finely chopped  2-3 ounces shredded Gruyere Cheese, or Swiss  1 tablespoon chopped flat leaf or curly parsley		

## To Serve

Eat these hot out of the oven with some fresh fruit for a healthy easy breakfast.

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