

# BREAKFAST EGG BITES

Yield: 2

Total time: 20-30 minutes

Protein: 49 grams

Carbohydrates: 6 grams

Fat: 15 grams

## INGREDIENTS

- 1 cup liquid egg whites
- 1 Chicken apple sausage, cut into small pieces
- 15 grams mini sweet peppers
- ½ cup mushrooms, sliced
- ¼ cup sharp cheddar (or could use dairy alternative)

## DIRECTIONS

1. Preheat oven to 350 degrees food
2. Cut chicken sausage into small pieces, then add to 1 cup liquid egg whites in medium-sized bowl.
3. Add sliced/diced mini sweet peppers, mushrooms, and cheddar cheese to mixture.
4. Spray muffin tin with non-stick spray of choice.
5. Pour mixture into each space of the muffin tin, about ¾ full.
6. Bake in oven until eggs are set, about 20-30 minutes

