

PIZZA EGG BITES

INGREDIENTS

1/2 pound Italian sausage	1 tbsp basil
1/2 yellow onion, chopped	1 cup pizza sauce
2 garlic cloves, minced	salt and pepper
16-18 pepperoni slices or meat of choice	8 eggs

PROCEDURE

Preheat oven to 350 degrees. Line 2 muffin tins with 16-18 muffin liners and coat with coconut oil to prevent sticking.

Cook sausage with onion and garlic until browned and cooked through.

Add sausage in bowl with pizza sauce, basil, salt and pepper. Mix until combined. Crack 8 eggs into the bowl and combine.

Pour mixture into 16-18 cups about half full.
Top each piece with a pepperoni slice.

Cook 30-35 minutes.