

# **EGG AND SAUSAGE BITES**

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## **INGREDIENTS**

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1 pound sausage browned  
and drained

4 1/2 tbsp butter melted  
and cooled

1/3 cup coconut flour

2 tbsp sour cream

4 eggs

1/4 tsp sea salt

1/4 tsp baking powder

2 cups shredded cheddar cheese

## **PROCEDURE**

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Preheat oven to 350 degrees.

Lightly butter/grease cookie sheet.

Combine melted butter, eggs, sea salt, and sour cream, then whisk together.

Add coconut flour and baking powder to the mixture and stir until combined. Add browned sausage.

Stir in cheese then refrigerate the batter for 10 minutes. If batter is still warm, they will flatten when baked.

Drop batter by tightly packed spoonful's on grease cookie sheet.

Bake 15-18 minutes until tops are slightly browned.