



*Cooking*  
*in the*  
**Kitchen**  
*at* **Olum's**

**Molly Morgan** *RD, CDN, CSSD*  
*Delicious Recipes*  
*that are Easy & Nutritious*  
**Olums.com**

## **Egg & Sausage Muffins**

Serves 12

### Ingredients:

- 1 dozen eggs
- ½ cup milk
- ½ cup shredded cheddar cheese
- 8 oz package of breakfast sausage, cooked and chopped

### Directions:

1. Preheat the oven to 350° F. Prepare muffin tins with non-stick cooking spray.
2. In a medium bowl, whisk together the eggs and milk.
3. Stir in the breakfast sausage.
4. Fill each with muffin cup with about ½ cup of the egg mixture and then sprinkle cheese on top of each.
5. Bake for 25 minutes until eggs are thoroughly cooked and set.