

Egg Muffins

Stephanie Collins
(Paleo friendly)

12 eggs	¼ cup grated pepper jack cheese
½ lb. cooked sausage or ground meat	Salt and pepper to taste
1 red pepper, finely chopped	

Preheat oven to 350°. Generously grease 12 muffin tins with butter or coconut oil, or line with paper baking cups. In a bowl, beat the eggs. Add meat, red pepper, cheese, and seasonings. Bake 20 to 25 minutes or until knife comes out clean.

Try different types of meat and sausage, cheeses, and use just about any type of vegetable you prefer. Just stay clear of vegetables that produce a lot of water like spinach and mushrooms.

Zucchini Egg Bake

Stephanie Collins
(Paleo friendly)

This dish is great for breakfast or can be served alongside a salad for dinner. I also make it up and cut it into squares. I keep it in the refrigerator for an easy breakfast in the morning. It is so delicious!

4 Tbsp. butter	3 eggs, beaten
¼ cup finely chopped onion	⅓ cup grated Parmigiano-Reggiano cheese
2 lbs. zucchini, grated	
½ lb. hot Italian sausage or other ground meat	

Preheat oven to 350°. In a sauté pan, melt butter and add onion and zucchini. Sauté until zucchini is tender, 5 to 7 minutes. Put zucchini in a colander to drain off any excess liquid. Add sausage to the sauté pan and sauté until just cooked. Combine the sausage and zucchini; season to taste. Add eggs, mix well, and pour into an 8x8-inch square pan. Grate cheese on top. Bake, uncovered, for 35 to 40 minutes.