

Gluten-Free Sausage Egg Muffins



(Candy McCune's adaptation from recipe by Sheila Thigpen who adapted it from My Life Cookbook)

INGREDIENTS

- 1 1/3 cup almond flour
- 1 tsp salt
- 1 tsp black pepper
- 2 tsps baking powder
- 8 oz Sausage Crumbles (she recommended Jimmy Dean® brand) – you may also substitute crumbled bacon or ham bits
- 6 large eggs
- 2 cups chopped broccoli (I use frozen and finely chop it post-cooking)
- 2/3 cup goat cheese (she used cottage cheese)
- 1 cup cheddar cheese (I substitute non-dairy shreds)

INSTRUCTIONS

1. Preheat oven to 375 degrees. Lightly grease (I save bacon drippings) 12-cup muffin pan and half of another 12-cup – makes 18 muffins
2. Cook broccoli in microwave, cool and chop finely
3. In large bowl, whisk almond flour, salt, pepper, and baking powder. Add the package of sausage crumbles, lightly beaten eggs, broccoli. Stir gently. Next add goat cheese and 2/3 cup cheddar cheese – stir until incorporated.
4. Spoon mixture into the prepared muffin pan using a 1/3 cup measure. Divide and sprinkle the remaining cheddar cheese on top of each muffin.
5. Bake for 20-25 minutes or until a toothpick inserted in the center of a muffin comes out clean. Let cool in pan for 5 minutes, then gently loosen with a knife and remove from pan.
6. Store leftovers tightly covered in the refrigerator. Reheat a single muffin in microwave for 30 seconds.