



SAUSAGE & PEPPER EGG MUFFINS



INGREDIENTS

ITEM	QUANTITY
• Plain Crisp Rice Cereal	6
• Low-fodmap Breakfast Sausage, free from onion and garlic	4 Oz.
• Diced Red Bell Pepper	½ Cup
• Shredded Cheddar Cheese	¼ Cup
• Sliced Green Onion Tops	2 Tbsps.
• Chopped Fresh Chives	1 Tbsp.
• Dried Oregano	½ Tsp.
• Salt and Black Pepper, to taste	

SERVING SIZE

3 EGG MUFFINS



PREPARATION

- ✔ Preheat oven to 350°F.
- ✔ Cook the sausage in a skillet over medium heat, breaking it into small pieces as it cooks. Drain any excess grease.
- ✔ In a bowl, whisk together the eggs, oregano, salt, and pepper.
- ✔ Stir in the cooked sausage, red bell pepper, cheddar, green onion tops, and chives.
- ✔ Divide the mixture evenly among 6 greased muffin cups.
- ✔ Bake for 18-22 minutes, or until the centers are set.
- ✔ Allow to cool for several minutes before removing from the pan.