

Scrambled Egg Muffins

½ lb bulk pork sausage

12 eggs

½ cup chopped onion

¼ cup chopped green pepper

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon garlic powder

½ cup shredded cheddar cheese

In a large skillet, cook the sausage over medium heat. Cook and break it up until it is no longer pink.

In a large bowl, beat the eggs. Add in the onion, green pepper, salt, pepper and garlic powder. Stir in sausage and cheese.

Spoon 1/3 cup into greased muffin tins and bake at 350 degrees for 20-25 minutes or until done.

Makes 12 servings at 133 calories per serving.