

Breakfast In a Cup

Ingredients:

- 1 lb. ground sausage, browned
- 12 eggs, beaten
- salt and pepper to taste (*we like to use [mineral salt](#) or [Lawry's garlic salt](#)*)
- 2 T. [nutritional yeast](#), optional
- 1 t. of [Turmeric](#), optional

Optional ingredients:

- 1 bell pepper (any color), diced
- 1 onion, diced
- 1/2 c. mushrooms, diced
- shredded cheese

Directions:

Preheat oven to 350.

Grease a muffin pan. (will make 12-18 cups)

Mix together the eggs, sausage, seasoning, and anything else you want in there (except the cheese).

Pour egg mixture evenly into the muffin cups. Sprinkle with cheese, if desired.

Bake for about 15 minutes or until eggs are set. Don't overcook!