

# Breakfast To-Go

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## Ingredients

- 1 container of liquid egg whites (or 9 eggs)
- 2 packages of uncooked turkey breakfast sausage patties, total of 24 patties
- small amount of shredded cheese of choice
- salt and pepper to taste

## Directions

1. I start off by using 12 4-oz mason jars in a 9 x 13 baking pan (to avoid spillage in the oven).
2. Place 2 patties in each container. Use your fingers to line the jar with the patties, making a spot for the egg to fit.
3. If you want to add cheese, add just a pinch to each one. You can also add a slice of mushroom, or a pinch of chives, or whatever else you'd like.
4. Evenly distribute the eggs, leaving about 1/4" from the top. If you are using the eggs, beat them together first.
5. Cover the entire baking pan with aluminum foil and put in the oven for 55 min at 375°F.
6. Let them cool down and put the lid on each one. These can be refrigerated and/or frozen.
7. When you heat them up in the microwave, be sure to heat them all the way through with the lid off.

For how I make this recipe, it's about 120 calories or so, and it's the perfect amount to go with my coffee.