**Egg Muffins**

2 mild chicken sausages, removed from casing

1/4 cup red bell pepper, diced

1/4 cup carrots, grated

1/2 cup fresh spinach, chopped

2 to 3 tablespoons fresh basil, diced

1/2 teaspoon sea salt

1/4 teaspoon fresh ground pepper

10 – 12 pastured eggs

[](http://www.multiplydelicious.com/thefood/2011/08/egg-muffins/eggmuffins-2/)

**Instructions:**

Preheat oven to 375 degrees.  Well grease a 12-cup muffin pan with coconut oil.

In a skillet, cook sausage until cooked through and no longer pink.  Make sure to break the sausage up into “crumb” size pieces.

In a medium bowl, combine cooked sausage, red bell pepper, shredded carrots, spinach, and basil.  Set aside.

In a large bowl, whisk together eggs, salt and pepper.  Add egg mixture to the sausage and veggie mixture and stir to combine.

Using a measuring cup or a ice cream scoop fill muffin cups with egg mixture being sure not to fill cups to the rim.  I used about 1/4 to 1/3 cup in each cup.

Bake the egg muffins for 20 to 25 minutes or until eggs are set in the middle.

Makes about 12 to 16 muffins.  Muffins can be stored in an airtight container in the refrigerator for up to 3 to 4 days.