

Breakfast Egg Casserole (NO BREAD!!)

1 LB sweet Italian turkey sausage
1 ½ cups diced sweet onion
8 ounces fresh sliced mushrooms
2 cloves garlic, minced
2 C frozen shredded hash brown potatoes
1 C shredded Mozzarella cheese
1 C shredded cheddar cheese
1 C diced red pepper
½ C green onions (about 6 onions)
12 eggs
1 ¾ C milk
1 ½ tsp dried parsley
1 tsp sea salt
1 tsp dried basil
¼ tsp black pepper

Preheat oven to 375 degrees

In large skillet, medium heat, cook sausage, onion, mushrooms and garlic until sausage is no longer pink and mushrooms have given off some of their liquid, about 10 minutes. During cooking break up sausage and break up mushrooms. Drain off the liquid.

Using 9x13 pan coated with cooking spray (or other non-stick substance) layer potatoes (they do not need to be thawed), sausage mixture, 1 cup cheddar cheese, red peppers and green onions.

In a medium bowl, combine eggs, milk, parsley, salt, basil and pepper. Wisk thoroughly to combine. Pour over the other ingredients in baking pan.

Bake casserole, uncovered for 60 – 70 minutes, or until egg in middle is just set and edges are lightly golden brown. Remove from heat and top with 1 cup mozzarella cheese. Let stand 10 minutes prior to serving

Gluten FREE Cranberry Nut Bread

- 1/2 c organic coconut flour
- 1 tsp sea salt
- 1 tsp baking soda
- 5 organic eggs
- 1/2 c melted coconut oil
- 1 Tbsp powdered stevia
- 1/4 c organic agave nectar
- 1 Tbsp vanilla extract
- 1 c frozen organic cranberries (make sure the package is sugar free)
- 1/2 c chopped raw almonds (chop in your food processor)

- 1.) Preheat oven to 350 degrees F. Grease two 6.5x4" loaf pans with coconut oil. In a medium bowl, sift together coconut flour, sea salt, stevia and baking soda. (If using liquid stevia, add with wet ingredients and use 1/2 tsp.)
- 2.) In a large bowl, whip the eggs. Stir in coconut oil, agave nectar and vanilla.
- 3.) Blend dry ingredients into the wet. Fold in frozen cranberries and walnuts.
- 4.) Pour batter into the loaf pans and bake for about 35 minutes.

MUST USE COCONUT FLOUR FOR GLUTEN FREE

IF NO STEVIA, SUB. SUGAR

IF NO AGAVE NECTAR - SUB HONEY

IF NO CRANBERRIES - SUB BLUE BERRIES