

Sausage Breakfast Casserole

Ingredients

- 1 lb pork breakfast sausage, cooked and crumbled
- 6 slices bacon, cooked and crumbled
- ½ c onion, diced
- 1 c diced mushrooms
- 2 c spinach, chopped
- 8 large eggs
- ½ c unsweetened almond milk
- ½ c shredded cheddar cheese
- 3 oz mozzarella cheese
- Salt & pepper to taste

Instructions

- Preheat oven to 350 degrees
- In a bowl whisk together the eggs, almond milk, salt & pepper to taste
- In a 13x9 baking dish spread cooked breakfast sausage, bacon whisked milk and egg mixture over vegetables & sausage
- Lastly, sprinkle cheese on top
- Bake in preheated oven for 30-35 minutes until cooked through & eggs no longer jiggle

Makes 8 servings

Nutrition

321 calories, 26g fat, 25g protein, 2g carbs

Gluten-Free/Keto Friendly

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