

## Recipe by 100 Days of Real Food

[www.100daysofrealfood.com](http://www.100daysofrealfood.com)

# Breakfast Casserole Bites

Serves: Makes 12

## Ingredients

- 2 pieces whole-wheat sandwich bread
- 8 eggs, farmers' market or organic recommended
- 1/2 cup milk, any kind will work but we use whole milk in our house
- salt and pepper, to taste
- 4 oz grated cheese, organic sharp Cheddar recommended
- 1 lb cooked and crumbled breakfast sausage or bacon, local or organic recommended
- Also need: Foil muffin holders for baking

## Instructions

1. Preheat the oven to 350 degrees F.
2. Distribute 12 foil muffin holders into a muffin baking pan. If the foil holders are lined with paper either don't use those or make sure they are on the outside as shown in the picture.
3. Cut the sandwich bread into half inch squares and evenly distribute them on the bottom of the muffin cups (pictured above).
4. In a mixing bowl or large measuring cup that has a pour spout thoroughly whisk together the eggs and milk. Add a few dashes of salt and pepper if desired.
5. Evenly distribute the egg mixture into each muffin cup. It's okay if the bread pieces float to the top.
6. Sprinkle an equal amount of both the grated cheese and the crumbled bacon (or sausage) into each muffin cup on top of the egg mixture.
7. Bake at 350 for 15 minutes or until eggs are set. Enjoy or freeze (in-between sheets of wax paper) for another day!

## Notes

We recommend organic ingredients when feasible.

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