

## Breakfast Sausage & Egg Muffins

Yields 6 standard muffins



### Ingredients

- 7 eggs, room temperature
- 1 cup all-purpose flour
- ½ teaspoon baking powder\*
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ½ tablespoon sugar
- ¼ cup vegetable oil
- ¼ cup sour cream
- ⅛ cup water
- ½ cup red bell pepper, diced
- ½ cup shredded cheddar cheese
- 4 ounces pre-cooked breakfast sausage, diced

### Directions

1. Fill a large pot with water (enough to cover 6 eggs) and bring to a boil. Add in 6 eggs and boil for 6 minutes. Transfer to an ice bath and gently peel the boiled eggs. Set peeled eggs aside on a paper towel.
2. Preheat the oven to 400°F and grease 6 wells of a muffin pan.
3. In a small bowl, whisk together the flour, baking powder, baking soda, salt, and sugar. Set aside.
4. In a large bowl, whisk together the 1 remaining egg, oil, sour cream and water. Stir in the flour in three additions until combined.
5. Fold in the pepper, cheese, and sausage.
6. To each muffin well, add about 2 tablespoons of batter. Flatten the batter with the back of a small spoon and nestle in a boiled egg. Top with 2 more tablespoons of batter and use the back of a spoon to seal the batter on the top and bottom together, to seal the seam.
7. Bake for 22 – 24 minutes. Let cool in pan for 10 minutes. Run an offset spatula around each muffin to help release and transfer to a cooling rack to cool completely.

### Notes

\*To make muffins without a boiled egg in the center, increase the baking powder to 1 teaspoon and omit all but 1 egg. Begin at Step 2 but preheat the oven to 425°F instead. At Step 6, simply fill the muffin pan ¾ full. Bake at 425°F for 5 minutes. Then, lower the temperature to 400°F and continue baking for an additional 17 – 19 minutes.

### Storage

Store in an air tight container in the refrigerator for up to 3 days.