



Make-Ahead Scrambled Egg Muffins

with Sausage, Spinach & Cheese



40-50min



2 Servings

We've found the perfect way to get breakfast on the table—without any of the morning stress. These make-ahead savory muffins feature protein-packed scrambled eggs, herby pork sausage, and sautéed veggies suspended in a creamy mascarpone-egg custard. After baking these bite-sized brekkie muffins, store them in the fridge and enjoy cold or reheated. Busy mornings never tasted so good! (Serves 12—nutrition reflects 1 muffin)

What we send

- 1 bell pepper
- ¼ oz fresh chives
- ½ lb pkg country-style sausage
- 5 oz baby spinach
- 3 oz mascarpone³
- 5 oz self-rising flour²
- 2 oz shredded cheddar-jack blend³

What you need

- 4 large eggs¹
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- 12-cup muffin tin
- large nonstick skillet

Allergens

Egg (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 140kcal, Fat 8g, Carbs 8g, Protein 9g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Grease a 12-cup muffin tin, or line with paper liners.

Halve **pepper**, discard stems and seeds, then finely chop. Finley chop **chives**.

In a small bowl, beat **2 large eggs** with a fork; season with **salt** and **pepper**.



2. Scramble eggs

Heat **1 teaspoon oil** in a large nonstick skillet over medium. Add **beaten eggs** and cook, stirring constantly, until just barely cooked through (eggs should be very soft and slightly runny), 1–2 minutes. Transfer eggs to a large plate. Return skillet to stove.



3. Cook sausage & veggies

To same skillet, add **sausage, peppers**, and **1 teaspoon oil**; cook, breaking up sausage with a spoon, until sausage is browned and cooked through, and peppers are soft, about 5 minutes. Stir in **spinach** and cook until wilted. Transfer to plate with **scrambled eggs**.



4. Whisk mascarpone & eggs

In a large bowl, whisk to combine **mascarpone** and **2 large eggs** until smooth.



5. Add remaining ingredients

To bowl with **mascarpone-egg mixture**, add **¾ cup self-rising flour**, **1 teaspoon sugar**, **¾ teaspoon salt**, and **a few grinds of pepper**; whisk until smooth.

Add **peppers, spinach, scrambled eggs, cheddar-jack cheese**, and **chives**; stir, mashing up scrambled eggs with a spatula. Incorporate until mixture is well combined.



6. Bake & serve

Divide **batter** evenly among 12 prepared muffin cups. Bake **scrambled egg muffins** on center oven rack until golden and a toothpick inserted into the center comes out clean, about 15 minutes. Enjoy!