

## **BREAKFAST BITES – makes 6**

Prep time: 5 min.

Cook time: 30-35 min.

Total time: 40 min.

### **Ingredients:**

½ pound turkey sausage, uncooked – use the turkey sausage recipe on this site

¼ cup uncooked quick oats

¼ cup raisins

¼ cup finely chopped kale

¼ cup water, scant

2 large eggs

Nonstick muffin pan, silicone muffin cups, or muffin pan lined with paper cups

### **Instructions:**

1. Preheat oven to 325 degrees F. Mix all ingredients together until well blended. Put equal amounts of mixture in 6 muffin cups.
2. Place in the center of the oven and bake until firm, about 30-35 minutes.
3. Cool slightly and remove from muffin cup. Cool completely before freezing.

### **Tips**

All ingredients may be adjusted to your tastes. Spinach may be substituted for Kale. These freeze well; to heat up after freezing: use microwave covered on high 1 minute, flip it upside down and microwave covered 50 seconds.

**Approximate Calories per bite: 70.3**