

# Sausage and Egg Muffins



## Kitchen Tools:



Muffin Tin



Knife



Cutting Board



Bowl

## Ingredients:



1 lb. lean ground  
pork



$\frac{1}{2}$  tsp Salt



$\frac{3}{4}$  tsp Paprika



$\frac{1}{4}$  tsp Black  
Pepper



$\frac{1}{4}$  tsp Ground  
sage



1 tbs Maple Syrup





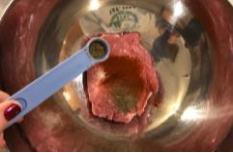





12 eggs



Bunch of Fresh  
Parsley

# Sausage and Egg Muffins

Steps	Direction	Photo
1	Preheat the oven to 425 degrees	
2	Put meat into a bowl	
3	Put salt into the bowl	
4	Put paprika into the bowl	
5	Put black pepper into the bowl	
6	Put ground sage into the bowl	
7	Put maple syrup into the bowl	
8	Mix everything together (do not over work the mixture)	
9	Divide into 12 small balls	

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Steps	Direction	Photo
10	Spray the muffin tin with non-stick spray	
11	Flatten each ball	
12	Push one flattened ball into each muffin cup, so it makes a cup shape	
13	Bake for 12 minutes until the edges begin to caramelize	
14	Crack an egg into each cup	
15	Bake for 10 minutes, until the eggs have just set over the top (if you like hard yolks add 5 mins))	
16	Chop the fresh parsley	
17	Sprinkle with salt, pepper and parsley	