

VEGAN ZUCHINNI BREAKFAST CUPS

Ingredients

Nonstick cooking spray

2 medium zucchini

1 Bottle of Plant Based "JUST EGG" or 6 eggs (NOTE: IF USING REGULAR EGGS BAKE FOR 18-20 MINS OR UNTIL SET)

1/2 cup shredded non-dairy/vegan cheddar style cheese (I used "Violife" brand) or cheese of your choice

1/3 cup crumbled vegan sausage (I used Field Roast smoked apple sage)

1/2 cup fresh spinach, chopped

1/4 cup bell pepper, diced

1/4 cup ripple vegan half & half Original

Salt, to taste

Pepper, to taste

Preparation

1. Preheat the oven to 400°F (200°C). Grease a 12-cup muffin tin with nonstick spray.
2. Trim the ends from the zucchini, and then slice lengthwise with a vegetable peeler.
3. Line the muffin cups with the zucchini strips on the bottom and sides.
4. In a large bowl, whisk together the JUST EGG or 6 eggs, vegan cheddar cheese, vegan sausage, spinach, half & half, salt, and pepper.
5. Divide the egg mixture evenly among the zucchini cups.
6. Sprinkle diced bell pepper over the top of them.
7. Bake for 21-25 minutes, until the edges are slightly browned and the center is set. Enjoy! (NOTE: IF USING REGULAR EGGS BAKE FOR 18-20 MINS OR UNTIL SET)