

Breakfast

RECIPE CARD

Breakfast Bake

RECIPE NAME

Breakfast

MEAL TIME

10 minutes

PREP TIME

20 minutes

TIME TO COOK

Check the calories of your favourite sausages first to see if they fit into your goal calorie intake for the day.

Put all ingredients into one dish or use separate pie dishes/ramekins to make two bakes

NOTES

216kcal

CALORIES

INGREDIENTS

- 2 eggs
- ½ tin chopped tomatoes
- 2 sausages cooked and sliced
- Chopped onion
- 4 mushrooms sliced
- 20g reduced fat Cheddar grated
- low calorie cooking spray
- salt and pepper to taste

METHOD

- ☆☆☆ Cook the sausages
- ☆☆☆ Spray the ovenproof dish with low-calorie cooking spray
- ☆☆☆ Cook the onion and mushroom in a frying pan
- ☆☆☆ Add the cooked and sliced sausage, the onions and the mushrooms to the dish
- ☆☆☆ Crack the egg over the dish and sprinkle with the cheese
- ☆☆☆ Bake in the oven for 15-20 minutes and enjoy!