



Paleo Breakfast Casserole with Sausage

An easy paleo breakfast casserole with sausage, squash and vegetables. Make ahead on the weekend for a full week of low carb breakfasts or freeze some for later. It's an easy to make egg dish that bakes up easily and is paleo diet friendly. And it's a great fuel for your workout!



HealthyNow is dedicated to providing juice cleanses, wellness and performance juice packages to help you be healthier, and to support your workouts.

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You'll need:

- 1 tablespoon olive or avocado oil
- 1 pound bulk sausage no casing
- 2 cloves garlic minced
- 1/2 teaspoon dry minced onion flakes (optional)
- 3 cups yellow summer squash cubed
- 12 ounces broccoli chopped
- 12 eggs
- 1/2 cup almond or coconut milk
- 1/4 teaspoon sea salt
- 1/8 teaspoon pepper

To make it:

1. Cook sausage, garlic, and onion flakes (if using) in oil over medium high heat until sausage is browned.
2. Add squash and broccoli and cook until vegetables are tender.
3. Spread sausage and vegetable mix into a 9x13 casserole dish.
4. In medium bowl, whisk together eggs, almond or coconut milk, salt, and pepper.
5. Pour egg mixture over sausage mix.
6. Bake at 375°F for 30 - 35 minutes or until eggs are set and top has started to brown.

Enjoy!

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