



Keto Breakfast Casserole

Keto Breakfast Casserole - perfect for your next brunch, lunch or dinner! The combination of flavors is surprisingly delicious, and it's so easy to make!

Recipe:

1 lb Sausage, Browned
½ Cabbage, shredded
2 Medium Diced Zucchini
¼ C Diced Onions
4 Large Eggs
½ C Avocado Mayo
2 tsp Mustard
1 tsp Ground Sage
1 ½ C Cheddar cheese, grated



Brown sausage, add cabbage, zucchini and onion and cook until onions are clear. Pour into 9x13 pan.

In a separate bowl, whisk eggs, mayo, mustard and sage plus 1 C of the grated cheese. Pour over sausage and veggies.

Top with last ½ cheese. Bake 30 min, uncovered at 375.

The Keto Dad Tips and Tricks:

- You can add an extra egg or two if you want!
- We sliced the zucchini and then quartered it.
- This does make great leftovers and can be frozen!

Serves: 5

Calories: 347, Fat: 34g, Carbs: 3g, Fiber: 1g, (Net Carbs 2) Protein: 23g

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