

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Hoppel Poppel

6 servings

Ingredients:

- 6 eggs
- 1 ¼ c grass fed summer sausage (i.e. Thousand Hills Cattle Co. brand)
- 1 tomato, diced
- ¼ c green pepper, diced
- 3 green onions, finely diced
- 1 tsp sea salt
- 1/8 tsp black pepper, freshly ground

Directions:

- Mix all ingredients until well blended.
- Pour into buttered 8x8 glass dish.
- Bake at 350 for 15-20 minutes until done.
- Let sit several minutes. Cut into squares and serve.

Freezes well for future breakfasts.