



Ingredients:

12 ounces of just egg

Violife Vegan Feta (as much or as little as you like)*

1 ORGANIC white onion roughly chopped

1 teaspoon of Better Than Bouillon NO CHICKEN BASE

A high heat cooking oil (I prefer avocado spray oil)

2 hot Italian BEYOND MEAT sausages

2 tsp sliced kalamata olives

Instructions:

Preheat oven to 400 degrees and spray Avocado oil in the baking dish

Sauté onion in avocado oil and NO CHICKEN BOUILLON until tender

Add garlic, mushrooms, and then add sausages and heat until cooked (approximately 5 minutes).

Pour JUST EGG into oiled muffin pan or cake pan

Add the rest of the ingredients

Bake at 400 for 25 minutes. Remove from oven. Let rest before removing.

* Can add any Violife cheese