

Hash Brown Egg Cups

Maintenance to be mixed into muffin cup: *Egg maintenance and nuts/seeds*

Supplies:

- Muffin tin

Ingredients:

- Olive oil/cooking oil to line the muffin tin
- 3 cups (or more) of shredded hash brown potatoes
- 1/8 teaspoon black pepper
- 1 package of breakfast meat of your choice
- 1/4 cup chopped red/green peppers
- Maintenance Egg
- *Optional:* 1 package of shredded cheese of choice (can opt to not use cheese if dairy allergic)
- *Optional:* maintenance nut/seeds



Instructions:

1. Heat oven to 400F and line muffin tin with cooking oil
2. Combine shredded potatoes with black pepper
3. Press shredded potatoes into a muffin tin, lining the bottom and sides of the tin. Bake for 12 min or until lightly browned.
4. Meanwhile, cook breakfast meat as directed on the packaging and cut into tiny pieces.
5. Dice red/green peppers
6. Spoon breakfast meat and peppers into potato cups
7. Add egg maintenance into potato cups along with cheese.
8. *Optional:* add up to 1-1.5 tsp of maintenance nuts/seeds
9. Bake for 13-15 min or until the center of the egg muffin is cooked.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: egg