

Breakfast Bundles

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Serves 4

Blue – 5

Purple – 5

Green – 8

Dough

- 1 cup self rising flour **see note below to make your own self rising flour**
- 3/4 cup non fat Greek yogurt

Filling

- 5 eggs, divided
- 8 Tbsp reduced fat shredded cheddar cheese
- 4 links turkey sausage OR other meat of choice-just adjust points!
- salt and pepper to taste

Dough

1. In a large bowl, mix the flour and yogurt together until a dough forms.
2. Knead for about 30 seconds.

3. Divide dough into 4 equal portions.
4. Roll each portion out into a 5-6 inch circle onto a piece of wax or parchment paper that has been sprayed with non stick spray. Set aside and make filling

Filling

1. Preheat oven to 400
2. Cook sausage or other meat according to package directions. Set aside
3. In a bowl, beat 4 of the eggs. Season with salt and pepper.
4. Cook eggs, until soft set. They will continue cooking in the oven.

Assembly

1. On each piece of dough, place 2 Tbsp shredded cheese, 1 link of turkey sausage that has been sliced or chopped (however you like it) and 1/4 of the eggs
2. Carefully pull up two sides of the dough circle over the filling and pinch them together over the filling ingredients. Then repeat with the opposite two sides. Then make sure all dough is "bundled" over the ingredients, make sure all the filling ingredients are covered. Turn the bundle over and place it, seam side down on a baking dish that has been sprayed with non stick spray.
3. Repeat for the remaining 3 bundles.
4. Beat remaining egg in a small bowl. Brush bundles with beaten egg.

5. Place dish in oven and bake for about 14-18 minutes. Checking often and removing when they are golden brown.
6. Let sit for 5-7 minutes before serving.
7. To freeze let cool completely and package for freezer. To reheat, let thaw and reheat for 5-10 minutes at 350.