

# Sausage Souffle

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Serves 8

Blue – 4 points

Purple -4 points

Green – 6 points

- 1 recipe homemade turkey sausage – found here: <https://joanspointedplate.com/turkey-sausage/>
- 6 eggs, beaten
- 3 cups 1% milk
- 8 slices 1 point bread, such as 647 Bread
- 6 oz Cabot 75% cheese, grated
- 1 1/2 tsp salt
- 1/2 tsp dry mustard

1. Cook and crumble turkey sausage
2. Cube bread
3. Mix all ingredients together, add sausage, mix.
4. Pour into a 9×13 pan that has been sprayed with non stick spray. Bake uncovered at 350 for 45-55 minutes or until eggs are set
5. Can be made and refrigerated for up to 3 days ahead of baking

