

PEPPER RINGS

Serves: 2
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 2 red bell peppers
- salt
- pepper
- 6 eggs
- 1 lb. breakfast sausage
- 3 tablespoons parmesan cheese
- coconut oil

DIRECTIONS

1. In a skillet brown breakfast sausage and set aside
2. Cut peppers into 4-6 rings and place them in the skillet and cook
3. Pour the egg into the ring and add salt and sausage around the yolk of each ring
4. When ready remove and serve