



Keto Sausage Breakfast Sandwich

Servings: 3

Prep Time: 5min

Cook Time: 15min



Ingredients

- 6 large eggs
- 2 tbsp. heavy cream
- Pinch red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. butter
- 3 slices cheddar
- 6 frozen sausage patties, heated according to package instructions
- Avocado, sliced

Directions

1. In a small bowl beat eggs, heavy cream, and red pepper flakes together. Season generously with salt and pepper. In a non stick skillet over medium heat, melt butter. Pour about $\frac{1}{3}$ of the eggs into the skillet. Place a slice of cheese in the middle and let sit about 1 minute. Fold the sides of the egg into the middle, covering the cheese. Remove from pan and repeat with remaining eggs.
2. Serve eggs between two sausage patties with avocado