

McGriddle Breakfast Casserole (Low carb, gluten free)

PREP TIME 15 minutes

COOK TIME 20 minutes

TOTAL TIME 35 minutes

Ingredients

- 1 pound breakfast sausage
- 2 cups almond flour
- 1.5 teaspoons baking powder
- pinch of salt
- 1 tablespoon brown sugar monkfruit
- 3 eggs
- 1/2 teaspoon vanilla extract
- 8 tablespoons butter, melted
- 3 tablespoons sugar free maple syrup

Instructions

1. Preheat oven to 350 degrees. Grease an 8x12 or 9x13 casserole dish and set aside.
2. In a skillet over medium to medium high heat, cook the sausage. Crumble with a wooden spoon as you cook. Drain the grease and set aside.
3. In a food processor or blender, blend all remaining ingredients until silky smooth.
4. Transfer the pancake batter to the prepared casserole dish. Be sure to scrape all of the batter off the sides of the bowl and blade.
5. Add the cooked sausage to the top of the pancake batter, scattering evenly. Use the back of your wooden spoon to lightly press the sausage into the batter so that it just barely sinks down.
6. Bake for 20 to 25 minutes. The top should be a nice light golden color.
7. Let cool 5 to 10 minutes before slicing.
8. Top with more syrup, if desired.