



## WEEK 1 – Cozy & Practical (10 Eggs)

### Small-Batch Breakfast Strata

Serves 4 | Uses 6 eggs

Result: Soft, custardy, almost French-toast-meets-savory texture.

#### Ingredients

- 6 eggs
- ¼ cup milk or cream
- 2 cups cubed day-old bread (let it sit out to dry if fresh)
- ½ lb browned sausage or diced ham
- 1 cup shredded cheese
- Salt & pepper
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#### Method

1. Brown meat and drain.
2. Lightly grease 8x8 dish.
3. Spread bread cubes evenly.
4. Sprinkle meat and cheese over bread.
5. Whisk eggs, milk, salt and pepper.
6. Pour slowly over top, pressing bread down gently so it absorbs.
7. Let it sit 10–15 minutes before baking (this helps the soak).
8. Bake 350° for 30–35 minutes.

