

Stuffed Mushroom Eyeballs

Prep: 10 min Cook: 25 min Total: 35 min Servings: 4

Calories: 359 Fat: 32g Protein: 13g Carbs: 8g Fiber: 1g

Ingredients

- 16 large white or cremini mushrooms
- 8 oz cream cheese softened
- 1/2 cup cooked sausage
- 1/4 cup grated parmesan cheese
- 1 clove garlic, minced
- salt and pepper to taste
- 16 small olives, cut in half
- 2 Tbsp BBF Avocado Oil

Directions

1. Preheat the oven to 375 degreesF.
2. Clean the mushrooms with a damp cloth and remove the stems.
3. In a mixing bowl, combine the cream cheese, parmesan cheese, minced garlic, parsley, salt, and pepper. Mix until well combined.
4. Lightly spray a baking sheet with avocado spray. Place the mushroom caps on the tray and gently brush each one with avocado oil.
5. Spoon the cooked sausage into each mushroom cap, pressing down slightly to pack it in. Transfer the cream cheese mixture into a piping bag and pipe a round swirl on top of each mushroom.
6. Place a small olive slice in the center of each mushroom to create a "pupil" effect.
7. Bake for 20-25 minutes, or until the mushrooms are tender and the filling is bubbly and golden.
8. Allow to cool slightly before serving.
9. Enjoy your Stuffed Mushroom Eyeballs!