

Angie Bloom

Easy Homemade Breakfast Sausage

Ingredients:

- 1 lbs. ground turkey
- 1 T brown sugar
- ¼ tsp salt
- ½ tsp ground pepper
- 1 tsp thyme
- 1 T sage
- 1 ½ tsp rosemary
- ¼ tsp nutmeg

Preparation:

1. Preheat Oven to 425 degrees.
2. In a large bowl, stir seasonings together with ground turkey. Scoop into 12 even balls (I used a cookie scoop for this), form into patties, press down balls with a fork and fry in a nonstick skillet with a little coconut oil cooking spray. Once fully cooked, remove to paper towels and serve as desired.
3. Bake for 17 minutes or until done. ENJOY!

SERVES 12

Nutrition: For 1 Sausage Calories 64 Fat 3.3g, Carbs 0.7g, Protein 8g, Sugar 0.3g