



Turkey Breakfast Sausage

12 servings

15 minutes

Ingredients

454 grams Extra Lean Ground Turkey
2 tsps Ground Sage
2 tsps Dried Thyme
1/4 tsp Garlic Powder
1/4 tsp Paprika
1/2 tsp Sea Salt
1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	68
Fat	4g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	7g
Cholesterol	28mg
Sodium	125mg
Vitamin A	64IU
Vitamin C	0mg
Calcium	13mg
Iron	1mg

Directions

- 1 In a large mixing bowl, combine all ingredients with a spatula. Form the mixture into even patties. (Note: the patties will shrink with cooking.)
- 2 Melt the coconut oil in a large skillet over medium-high heat. Cook the patties about 1 to 2 minutes per side, or until cooked through. Let cool before serving. Enjoy!

Notes

Serve Them With: Eggs, our Cleaned Up Biscuits recipe, in lettuce wraps or brown rice tortillas with veggies.

Leftovers: Store in an air-tight container up to 3 days in the fridge, or in a freezer-safe bag divided by parchment or wax paper in the freezer for up to 3 months.

No Turkey: Use ground pork, chicken, bison or beef instead.