



Blueberry Turkey Breakfast Sausages

4 servings
25 minutes

Ingredients

454 grams Extra Lean Ground Turkey
1 Garlic (clove, minced)
1 tbsp Italian Seasoning
1 tsp Ginger (peeled and minced)
3/4 tsp Sea Salt
1/2 cup Blueberries
1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	212
Fat	13g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	21g
Cholesterol	84mg
Sodium	521mg
Vitamin A	93IU
Vitamin C	2mg
Calcium	26mg
Iron	1mg

Directions

- 1 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 2 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately two sausage patties.

More Flavor: Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.

Pairings: Pair with a side of fruit and vegetables.