

## **BREAKFAST TURKEY SAUSAGE**

When you're looking for a good protein alternative for breakfast, this homemade turkey sausage is a great recipe. It's very simple and more cost effective than buying pre-packaged sausages in the healthy freezer section. You can also double the recipe and freeze the patties or balls for a quick breakfast option later. There are options for pan frying or baking, as well. *One serving equals 3 oz. of protein and 1/2 serving of fat for one meal.*



## **INGREDIENTS**

- 1 lb. lean ground turkey
- 2 Tbsp coconut or avocado oil, divided
- 1/2 tsp. dried thyme
- 1 tsp. ground sage
- 1/4 tsp. garlic powder
- 3/4 tsp. Himalayan sea salt
- 1/4 tsp. ground black pepper
- Red pepper flakes to taste, or 1/8 tsp. cayenne, optional

## **INSTRUCTIONS**

Add the turkey, 1 Tbsp. oil and spices into a large bowl and mix well to combine. Form the mixture into 8 patties.

Heat a skillet on medium heat and coat with 1 Tbsp. of oil. Cook patties for 5-7 minutes on each side until nicely browned and no longer pink inside.



### **Pan Fry Option**

Mix all ingredients together and pan fry, breaking into sausage crumbles. Serving size=3 oz.

### **Baking Option**

Preheat oven to 400°F. Roll turkey mixture into 16 balls and bake for 15-20 minutes or until browned and no longer pink inside. Serving size is 3 balls.