

Homemade Breakfast Sausage



MAKES 4 - 5 SERVINGS

Ingredients:

- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 tsp fennel seeds
- 1 tsp dry sage leaf
- 1 tsp cut thyme leaf
- 1 tsp sea salt
- 1/4 tsp black ground pepper
- 1/2 tsp red cayenne (optional, for a little spice)

Directions:

Brown the turkey in the olive oil and add all spices while it cooks.

Note: If you want to make sausage patties- mix the raw turkey and the spices with 1 beaten egg and 1 Tbsp ground flax meal. Then form patties and cook in a little olive oil.