

TURKEY BREAKFAST SAUSAGE



INGREDIENTS:

- 1 lb 97/3 ground turkey
- 1 tbsp Swerve brown sugar
- 1 tsp kosher salt
- 1 tsp ground black pepper
- 1 tsp ground sage
- 1 tsp dried thyme
- 1 tsp red pepper flakes (adjust to tone spice)

DIRECTIONS:

SPICY

1. Place turkey and all ingredients in a bowl
 2. Mix all ingredients well
 3. Heat a pan on medium heat and spray with cooking oil
 4. Make the patties, 4 oz each
 5. Place 2-3 patties and cook on medium heat, covered, for 6 minutes on each side
 6. Ensure internal temperature is at least 165 before removing from heat
- Enjoy!



Makes 6 Servings | Serving Size: 1 Patty
Calories: 115 | Protein: 14 g | Carb: 2 g | Fat: 6 g | Fiber: 0