

TURKEY BREAKFAST SAUSAGES

Sarah Roberts

Makes 12 sausages

Why I Make This: I wanted to create a recipe for people on the 28-Day Kick The Sugar Challenge who were missing a traditional “sausage & egg” breakfast. These can be made ahead, made in large batches, and used for easy grab-and-go breakfasts, fast snacks or with a salad as an easy lunch. Top with an egg for a healthy “egg muffin”. They really do taste like traditional breakfast sausages but they are made by you with far less sodium and saturated fat. I hope you enjoy them as much as I do!

INGREDIENTS

- 1 pound (453 grams) ground turkey
- 1 medium onion, small dice
- 3 cloves garlic, minced
- 1 tablespoon avocado oil plus more to grease the pan
- 1 egg, beaten
- 2 tablespoons ground flax seed
- 3/4 teaspoon Himalayan salt, divided
- ¼ teaspoon black pepper, divided
- 1 teaspoon dried sage (or 3 teaspoons of fresh, chopped)
- 1/8 teaspoon dried marjoram (or 1 teaspoon of fresh, chopped)
- Pinch crushed red pepper flakes (optional)
- Pinch cloves

INSTRUCTIONS

1. Preheat oven to 375°F and lightly grease a muffin tin with avocado oil.
2. Heat oil in a pan over medium-high heat and sauté the chopped onion for a few minutes. Season with ¼ teaspoon of the salt and 1/8 teaspoon of black pepper.
3. Add the garlic and cook until fragrant. Once done, remove onion mixture from the heat.
4. Place the ground turkey in a large bowl, add cooked onion, egg, flaxseed, remaining salt, remaining pepper and spices. Mix well.
5. Divide the mixture into the prepared muffin tin and press each one down to make round sausages.
6. Bake for 20 minutes or until the internal temperature reaches 165°F.
7. Allow them to cool slightly before removing them from the pan. Enjoy!

Note: I've made this recipe using a vegan egg instead of a real egg. To make a vegan egg, combine 1 tablespoon of ground flax seeds and/or chia seeds with 3 tablespoons of warm water and let stand a few minutes before adding to your recipe.