



Maple Sage Breakfast Sausage

YIELD: 8 SERVINGS

Gluten-free

Dairy-free

FODMAP Friendly

INGREDIENTS

1-pound Ground Turkey

1/4 cup Maple Syrup

1 Tablespoon Sage, fresh chopped

1 teaspoon Salt, Kosher

1 teaspoon Fennel Seed

1/4 teaspoon Red Pepper Flakes

1 teaspoon Garlic Powder

1 teaspoon Onion Powder

DIRECTIONS

1. Mix turkey, maple syrup, sage, salt, fennel seed, red pepper flakes, garlic powder and onion powder in a large bowl until evenly blended.
2. Shape into patties and cook until they reach an internal temperature to 165°F and are no longer pink inside.
3. Serve right away or crumble into your favorite breakfast dish.

Chef tip: Cooking with a higher heat will cause your sausages to brown and develop more flavor.



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NUTRITION FACTS

Serving size 1 (2.4oz)

Amount Per Serving **69g**

Calories **114**

% Daily Value

Total Fat 4.4g **7%**

Saturated Fat 1.2g **6%**

Cholesterol 39mg **13%**

Sodium 326mg **14%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **1%**

Sugars 6g

Protein 11g **23%**

Vitamin A **2%**

Vitamin C **1%**

Calcium **3%**

Iron **4%**

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