



Body

Mind

Recovery

Nutrition

Homemade High Protein Breakfast Sausage

Dairy Free

Gluten Free

Meal Prep/Freezer Friendly

Nut Free

Low Carb

High Protein

Serves
8

Prep Time
20 minutes

Cook Time
10 minutes



Ingredients

For the seasoning:

- 1 tbsp. chopped fresh sage leaves
- 2 tsp. chopped fresh thyme leaves
- 1 tsp. fennel seeds, crushed
- ½ tsp. red pepper flakes, optional
- ⅛ tsp. ground nutmeg
- salt & black pepper, to taste

For the patties:

- 2 lbs. (900g) ground pork, lean 5% fat
- 6 slices smoked bacon, diced
- 2 tbsp. maple syrup
- 1 tbsp. coconut oil

Nutrition (Per Serving)



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Instru

1. In a small bowl, combine all the seasoning ingredients and set aside.
2. In a large bowl, place the ground pork, bacon, maple syrup and the seasoning. Mix until well combined.
3. Shape into patties, using about ¼ cup of the pork mixture to form around 16 patties.
4. Heat the coconut oil in a large skillet over a medium heat and cook the patties for 2-3 minutes on each side, until browned and cooked through. Work in batches until all the sausage patties have been cooked.
5. Allow 2 patties per serving.