

Blueberry Turkey Breakfast Sausages

4 SERVINGS 25 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Turkey
1 Garlic (clove, minced)
1 tbsp Italian Seasoning
1 tsp Ginger (peeled and minced)
3/4 tsp Sea Salt
1/2 cup Blueberries
1 tbsp Coconut Oil

DIRECTIONS

- 01 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 02 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

NOTES

LEFTOVERS

Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately two sausage patties.

MORE FLAVOR

Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.