

RECIPE

# Breakfast Sausage Patties



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Grace Functional Nutrition

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## Ingredients

- 1 lb ground chicken (or turkey)
- 1 small apple, minced
- 2 Tbs avocado oil
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp italian seasoning
- ¼ tsp crushed fennel (buy whole seed and crush yourself)
- ½ tsp salt
- ¼ tsp black pepper
- 2 Tbs ghee

## Preparation

1. Mix ground meat, apple, avocado oil, paprika, garlic powder, italian seasoning, fennel, salt, and pepper in a large bowl.
2. Form into small, flat patties and place on a plate.
3. Warm a saucepan over medium heat, and melt 1 Tbs of the ghee.
4. Place patties in the pan, cooking for 3-4 minutes on each side until patties are cooked through.
5. Remove from pan, place on paper-towel lined plate, and pat down with the paper towel to remove excess oil.
6. Repeat the process until all patties are cooked. Eat immediately or store in an airtight container in the fridge or freezer.