

# A Gut Feeling Breakfast Sausage Patties

## INGREDIENTS

- 1-pound ground pork or chicken
- 1 tbsp packed brown sugar
- 4 tsp finely chopped fresh sage
- 2 tsp finely chopped fresh thyme
- ½ tsp ground ginger
- Pinch of cayenne pepper
- Kosher salt and freshly ground black pepper
- 2 tbsp coconut oil

## METHOD

First mix protein (pork/chicken), brown sugar, sage, thyme, ginger, cayenne, 1 ½ teaspoons salt, 1 teaspoon black pepper and 2 tablespoons of water in a large bowl. Form into 2-inch patties; transfer to a baking sheet, cover and refrigerate at least one hour to overnight.

Preheat the oven for 300 degrees. Heat 1 tablespoon coconut oil in a large non-stick skillet over medium-high heat; add half the sausage patties and cook, flip once, until browned, about 5 minutes. Transfer to baking sheet. Add remaining 1 teaspoon coconut oil to the skillet and repeat with the remaining patties. Transfer the patties to the oven and bake until cooked through, 3 to 5 minutes.

NUTRITION SERVICES