

Sweet Potato Sausage

\$1.00 per serving
yields 6-8 servings

4 cups Sweet Potato finely crumbled

$\frac{1}{3}$ cup ground Flax

$\frac{1}{2}$ small Onion diced

2 Tablespoon Garlic powder

2 Tablespoons Fennel Seeds

1 Tablesoom of Onion Powder

2 teaspoons of Sage

1 -2 teaspoons of Red Pepper or Berber
(optional)

1 teaspoon of Oregano

1 teaspoon of Cumin

$\frac{1}{2}$ Black Pepper

$\frac{1}{2}$ teaspoon of Himalayan salt

Take 2-3 medium to large-sized sweet potatoes and finely grind them into small (pea-sized) parts that can be molded. Combine with ground flaxseeds in a mixing bowl and add onions and dry seasoning. Take mixture and brown on high heat or make patties to dehydrate or pan fry (add a dusting of flax seeds for better holding of shape).

25 minutes prep

10 minute pan fry

8 hour dehydrated

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