

## Breakfast Sausage

**Prep** 15 minutes • **Makes** 12 Patties or 24 Mini-Sausage Meatballs • **Difficulty** Easy • **Source** Ziplist.com

### INGREDIENTS

1 lb. Ground Pork

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1 tsp. Celtic Sea Salt

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1 tsp. Sage

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1 tsp. Thyme

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1 tsp. Paprika

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1 tsp. Black Pepper

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1/2 tsp. Cayenne Pepper

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1/2 tsp. Nutmeg

### DIRECTIONS

Measure and mix spices.

Add spices to ground pork.

With hands, mix spices and pork together.

For mini-sausage balls, roll into 24 balls and place each one in mini-muffin tin.

Bake at 350°F for 20-23 minutes or until no longer pink in the center.

For sausage patties, form into 12 equal size patties.

Pan fry in cast iron skillet, on medium-high heat, 3-4 minutes per side or until no longer pink in the center.

Enjoy!