

# Rosemary Maple Breakfast Sausage

*Makes 8-10 small patties*

*prep time: 5 minutes*

*cook time: 6 minutes*

A simple, easy recipe for a sophisticated breakfast sausage. Serve with roasted root veggies, eggs, or avocado for a filling and energizing breakfast. Make extras and keep them in the freezer for later!

## ingredients

1 lb ground pork, turkey or chicken  
1 tbsp chopped fresh rosemary  
1 tbsp maple syrup  
1/2 tsp salt

## directions

1. Preheat a large skillet over medium heat. Depending on what kind of pan you're using, you may want to add a little avocado oil.
2. Mix all ingredients in a bowl. Use about 1-2 tbsp of the mixture and shape into a patty - repeat until all the mixture is used up.
3. Arrange in the pan and cook for about 3 minutes per side, or until cooked through.
4. Serve with roasted veggies or eggs or on a breakfast sandwich - however you enjoy it the most!

