



## Blueberry Turkey Breakfast Sausages

4 servings  
 25 minutes

### Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Ginger (peeled and minced)
- 3/4 tsp Sea Salt
- 1/2 cup Blueberries
- 1 tbsp Coconut Oil

### Nutrition

Amount per serving	
Calories	212
Fat	13g
Saturated	5g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	21g
Cholesterol	84mg
Sodium	521mg
Potassium	261mg
Vitamin A	93IU
Vitamin C	2mg
Calcium	26mg
Iron	1mg
Vitamin D	16IU
Vitamin B6	0.4mg
Folate	9µg
Vitamin B12	1.4µg
Magnesium	25mg
Zinc	3mg
Selenium	22µg

### Directions

- 1 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 2 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

### Notes

**Leftovers,** Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

**Serving Size,** One serving is equal to approximately two sausage patties.

**More Flavor,** Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.