

## Maple Blueberry Breakfast Sausage Recipe

### **INGREDIENTS:**

3.5 lbs ground pork(20-25% fat content). Can substitute turkey, chicken, venison, or whatever you have on hand!

2.5 tsp dry thyme

6 cloves fresh garlic, minced

2 tsp smoked sea salt

2 scallions, minced

2 tsp fresh ground black pepper

2 Tbs fresh sage, minced

2 Tbs kosher salt

2 tsp paprika

1/2 C. real maple syrup

1 C. dried blueberries, rough chop

### **METHOD:**

Mix together thyme, smoked sea salt, scallions, black pepper, sage, kosher salt, and paprika. Add spice mix, blueberries, and maple syrup to the ground pork and mix by hand very thoroughly for 2-3 minutes. Form sausage mixture into patties. Heat up a frying pan to medium low heat. Add sausage patties to the pan. Let brown for about 3 minutes and flip. Let sausage patties to continue to brown on the other side until cooked through.