FIXATE BREAKFAST SAUSAGE°

GF PF

SERVES: 4 (¾ cup each) Prep Time: 10 min. Cooking Time: 9 min.

CONTAINER EQUIVALENTS (per serving): 1

80 DAY OBSESSION™

1 lb.	raw 93% lean ground turkey
2 Tbsp.	pure maple syrup
1½ tsp.	sea salt (or Himalayan salt)
1 tsp.	finely chopped fresh sage
1 tsp.	finely chopped fresh rosemary
¼ tsp.	ground black pepper
1 dash	ground juniper berries
¼ tsp.	ground nutmeg
2 tsp.	ice cold water
1 tsp.	olive oil

1. Combine turkey, maple syrup, salt, sage, rosemary, pepper, juniper, nutmeg, and water in a large mixing bowl; mix with clean hands until just blended. (Do not overmix, as that will make the sausage tough.) Set aside.
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add turkey mixture; cook, stirring frequently to break turkey into crumble-sized pieces, for 5 to 8 minutes, or until turkey is no longer pink.

RECIPE NOTES:

- If possible, use dark amber maple syrup, which can be found at upscale markets or online.
- If you can't find juniper berries at your local store, check online.
- This sausage can also be sautéed in patties. Store cooked sausage in an airtight container in the refrigerator for up to 5 days.
- Sausage can be held raw in an airtight container in the refrigerator for 3 days, or in the freezer for up to 3 months.

°This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 208 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 84 mg Sodium: 935 mg Carbohydrates: 7 g Fiber: 0 g Sugars: 7 g Protein: 21 g

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the PF icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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