



Lakeland Natural Health

Homemade Breakfast Sausage

*Use Organic Ingredients when possible

Ingredients:

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| 1 | lb | Ground Pork (or a combination of your favorite meat) |
| 1 | tsp | Salt (sea salt, kosher salt) |
| ¾ | tsp | Black Pepper |
| 2 | tsp | Sage (ground) |
| 1 | tsp | Thyme (ground) |
| ¼ | tsp | Rosemary (ground) |
| ¼ | tsp | Nutmeg (ground) |
| ¼ | tsp | Cayenne Pepper |
| ¼ | tsp | Red Pepper Flakes |

Instructions:

1. Mix together ground pork (or choice of meat), salt, pepper, sage, thyme, rosemary, nutmeg, cayenne pepper, and red pepper flakes in a bowl. Knead with hands until thoroughly incorporated. Form into patties
2. Cook until browned, 8-10 minutes. Flip and continue to cook until fully cooked 5-8 more minutes