

# Janine's Breakfast Sausage

This recipe is easy, and it solves the problem of finding pure, high quality breakfast sausage.

## **Ingredients:**

*1 lb ground meat (chicken, pork, or beef)*

*1-2 t granulated onion*

*1-2 t granulated garlic*

*1-2 t sage*

*Pinch of nutmeg*

*1/2-1 t sea salt or other mineral salt*

*Few grinds of pepper from the pepper grinder*

**Directions:** *1. Mix all ingredients together.*

*2. Shape into patties or logs and cook in a skillet or in the oven.*

**Suggestion:** *Cook several cookie sheets full and freeze so you have some quick breakfast protein that just needs warming up.*

Adapted by Karen DeHaven from Janine Horst.