

Breakfast Sausages

Created by Kristy Regan for the NUNM SIBO Lab

Ingredients

- 1 pound ground organic chicken, turkey or pork
- ½ teaspoon sea salt
- 1 teaspoon garlic oil
- 1 teaspoon Italian seasoning
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper (optional)
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Instructions

1. Combine all the ingredients in a bowl and blend with a spoon or hands until well mixed.
2. Using your hands, form small patties and set aside.
3. Heat a frying pan on medium.
4. Add patties to the pan and fry for approximately 4-6 minutes per side or until crispy and golden on the outside and cooked through.