

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Healthy Breakfast Sausage

Makes 8, 2 inch patties

### *Ingredients:*

1 pound	lean ground turkey
3/4 tsp	sea salt
1/2 tsp	rubbed sage
1/2 tsp	pepper
1/4 tsp	ground ginger
1 tsp	grapeseed oil

### *Directions:*

1. Place ground turkey into a large bowl.
2. Add salt, sage, pepper and ginger.
3. Shape into 2 inch patties.
4. Cook in a skillet coated with oil over medium heat until no longer pink inside.