



HERBY BREAKFAST SAUSAGES

HERBY BREAKFAST SAUSAGES



Makes: 8
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
56 kcal
3g Fats
2g Carbs
7g Protein



WHAT YOU NEED

- 9 oz. (250g) ground pork
- salt & pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.