

JESSICA'S HOMEMADE BREAKFAST PATTIES



Image compliments of Whole 30

Gather together the following ingredients:

- 1 lb ground meat of your choice (I prefer organic lamb, Kosher or organic free-range turkey, or organic pork)
- 1 ½ tsp ground sage
- 1 tsp whole fennel
- 1 tsp paprika (plain or smoked)
- 1 tsp garlic
- 1/2 tsp black pepper
- SCANT 1/2 tsp Salt
- 1/4 tsp white pepper
- 1/8 tsp cayenne Pepper
- 1 tsp onion powder

Mix all ingredients together and divide into 6 patties and cook for approximately 2 minutes a side (I generally don't use any oil...the patties' natural juices are enough to keep the meat from sticking to the pan and if cooking other veggies or eggs at the same time adds wonderful flavor!)

NOTE: You can wrap each patty individually in plastic wrap and freeze then simply leave as many as you wish to cook in the AM in the fridge to thaw the night before!