



## SUPER EASY TURKEY SAUSAGE PATTIES

### grain and dairy-free!

By making your own you can make a couple pounds and keep them in the freezer so they're ready to go on quick weekday mornings, and you don't have to worry about processed additives.

For every 1 pound of turkey use:

1 egg

¼ tsp of the garlic powder, onion powder, and thyme

½ tsp sage and pepper

¼ tsp sea salt

pinch of cayenne (if you like it spicy go up to ½ tsp)

Mix all ingredients, form patties, and cook the patties in batches. Keep them warm by placing foil on top of the cooked ones.



Get more grain-free menu support  
on our website or scan QR code.



In health,

A handwritten signature in blue ink that reads "N. Neale, ND".

Dr. Nadene Neale, ND

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