



## Blueberry Breakfast Sausage

**Active Time:** 5 minutes | **Total Time:** 15 minutes | **Serves:** 2

### Nutrition Information Per Serving

386.7 calories, 10.67 g carbohydrate, 2.46 g fiber, 8.21 g NET carbs, 19.65 g protein, 29.62 g fat

#### Ingredients

- 2 Tbsp(s) chopped organic onion
- 1 tsp sage
- 1/2 pound(s) ground pasture pork
- 1 cup frozen organic blueberries
- 2 tsp(s) virgin coconut oil

#### Preparation

1. Thaw the blueberries and pulse briefly in a blender or Magic Bullet.
2. Combine all of the ingredients except the coconut oil in a bowl and mix well by hand.
3. Form into 2-inch patties.
4. Heat the coconut oil over medium heat and add the patties.
5. Fry until well browned and cooked through.
6. Serve warm.

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