

Maple Chicken Breakfast Sausage Patties

Prep time: 10-20 minutes

Cook time: 25-30 minutes

Servings: 8 sausage patties

Ingredients:

1 pound ground chicken
1 tablespoon maple syrup
1 1/2 teaspoons salt
1 teaspoon dried rubbed sage
1/2 teaspoon dried marjoram
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon ground black pepper



Instructions:

Preheat oven to 400 degrees.

Combine all ingredients by hand or in a stand mixer, then divide the mixture and form into 8 patties.

Place the patties on a parchment lined baking sheet and bake for 25-30 minutes or until sausage patties are browned and cooked through.

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