

## Recipe: Savory Breakfast Sausage

### Ingredients:

- ½ lb 99% lean ground turkey
- 1/8 cup oat bran
- 1 tsp crushed red pepper
- 1 tsp crushed fennel seed
- 2 cloves garlic, minced

In bowl, combine all ingredients – “mushing” everything together until well mixed. Flatten turkey mixture into a thin layer on a cutting board. Using a small, round cookie cutter or metal napkin ring, cut into small patties. Cook in a pan sprayed with non-stick cooking spray until done.

Enjoy!