

## Turkey Sausage

*Number of Servings: 12*

### Ingredients

1 lb turkey, ground  
1 tblsp Salt  
1/2 tsp Thyme  
3/4 tsp Black Pepper  
3/4 tsp Chilli flakes  
1 tsp sage  
1/2 tsp Nutmeg



### Directions

Take one pound of ground turkey, then break it up into a very fine grade with a wooden spoon, then add the spices. Mix and roll into 12 balls. Place on cookie sheet, flatten if desired and bake 350 for 30 to 45 minutes until brown.

Carbs: 0.3g | Fat: 2.7g | Fiber: 0.2g | Protein: 7.4g | Calories: 55.2