

HEALTHY BREAKFAST SAUSAGE

INGREDIENTS

- 1 lb ground chicken breast
- 1 tsp. kosher salt
- ½ tsp. black pepper
- ½ tsp. ground sage
- ½ tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. ground nutmeg
- ¼ -½ tsp. red pepper flakes
- - 1 tsp. approved granular brown sugar substitute

PREPARATION

1. Preheat the oven to 350 degrees Fahrenheit
2. Beat the egg whites in a bowl
3. Crush the cereal and beat in with the eggs.
4. Add cinnamon, Splenda, and baking powder
5. Wait about 2 minutes allowing the baking powder to work.
6. Then mix well until it forms a batter
7. Spray a pie plate with a non-stick cooking spray and spread batter evenly
8. Bake in the oven for 12-15 minutes or until golden.



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