

## Quick and Easy Breakfast Sausages

A good friend of mine recently started a Paleo diet, but she's not the most patient person when it comes to cooking. One thing she wanted to try were homemade sausages, because a lot of prepared sausages are not exactly Paleo friendly. This was the perfect experiment to try with my spice blends since sausages typically get their flavor from a long list of spices. Easy to make, but tedious to measure.

One of the reasons I love my Ava Jane's Kitchen spice blends is that it's so much easier to cook and cleanup when you don't have to measure out a dozen different spices. For some things, it's not that big of a deal, but have you ever looked at a recipe that seemed so simple, yet had a list of spices a mile long? 1 teaspoon of this, 1/4 teaspoon of that. 1/8 of a teaspoon — do they even make a spoon that measures that?!?

I had a couple blends in mind for this recipe, specifically the Nana's Italian Seasoning, and the Hot Roasted Garlic. The Italian blend would hit the herby note, and the garlic blend would add heat and garlic flavor. The only thing missing was fennel, which is easy to add on it's own. So with two potent seasoning blends, and one other, I was able to cut my list of measurements down quite a bit. Not to mention, both blends have salt, so that can be cut as well.

Once you mix this up, you should take a tiny piece and fry it up so you can taste it for seasoning. You can add more of either blend, or a bit of salt to the mix. Or if you feel like there's a particular flavor missing, go ahead and add it. (Sage is a flavor found in a lot of sausages — I left it out, only because I didn't have any, and neither I nor my friend thought it was lacking. For a more authentic flavor, add a teaspoon with the seasonings.)

You can cook these all once, or make patties and freeze them for later. Either way, you're in for a Paleo-friendly, easy, breakfast you'll make again and again.

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Serves about 8

### Ingredients:

- 2 teaspoons Nana's Italian Seasoning
- 2 teaspoons Hot Roasted Garlic Seasoning, more or less depending on your heat preference
- 1 teaspoon fennel seeds
- 1 pound ground pork
- 2 tablespoons pure maple syrup
- Colima Sea Salt and fresh ground pepper, to taste

### Directions:

Add all of the ingredients to a large bowl. Using your hands, mix the pork until the

seasonings are well blended. Take a small piece and cook in a hot skillet until browned and cooked through. Let cool and taste. Adjust the seasoning to your preference.

Once seasoned, form into 2 inch patties. Cook in a nonstick skillet until browned and cooked through or freeze the patties on a sheet tray in a single layer and transfer to an airtight container.