

Butternut Squash Breakfast Sausage

Serves: 4

Prep: 10 min | Cook: 25 mins

INGREDIENTS:

- 1 tsp coconut oil
- 1 lb ground turkey (or chicken)
- 1 cup small diced butternut squash
- ½ large apple diced (about ¾ cup)
- 2 large slices of bacon
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp thyme
- 1 tsp salt
- ¼ tsp pepper (optional - AIP omit)

PROCESS:

- PREHEAT the oven to 375 F. Melt the coconut oil and use it to grease a 9x5 loaf pan.
- COOK the bacon in the microwave, a skillet or oven until it's crispy, but not burned. Set it aside until cool enough to handle, then chop into small pieces the size of bacon bits.
- MEASURE out all the other ingredients in a mixing bowl. Add the bacon, and mix with your hands until the spices are well distributed.
- POUR the mixture into the loaf pan and use your hands to flatten it out, so it's spread evenly throughout the pan.
- POP the pan in the oven and bake for 20-25 minutes, until fully cooked through.

This sausage can be prepped ahead of time (and can even be doubled and frozen for quick reheats!), and is super easy to slice up as a breakfast on the run.

From: Real Food with Dana