



SAUSAGE AND EGG WAFFLE

By Dr. Cindy Tanzar
(Standard or Maintenance Plans)

Looking for a new way to eat eggs? Well, this is one fun and creative recipe! Even the kids will love it. It's so easy and gives you the fun of eating a waffle without the high carb count.

Makes 1 serving. Just the waffle alone with a Tbsp of Kerry Gold butter and a touch of Lakanto Maple Syrup is one serving and covers your protein and fat (if using butter) for one meal. See below for other ideas.



INGREDIENTS

2 pastured eggs

1/4 cup raw Genesis Breakfast Turkey Sausage - recipe below
(can use a roll of standard turkey sausage on maintenance)

Avocado oil for waffle iron

INSTRUCTIONS

Preheat the waffle iron. Place the raw turkey sausage into a bowl (this will cook just fine in the waffle iron). Crack the two eggs over the sausage and whisk it very well, breaking the sausage up into small bits. It should be uniform throughout the mixture.



Pour the egg mixture into the waffle iron. It should fit perfectly, if not close. Cook for approximately 3-4 minutes or until lightly browned (depends on your waffle iron).

The waffle is prone to sweat as soon as you remove it. Line a plate with a paper towel initially to catch any moisture and prevent it from being soggy.

Breakfast Turkey Sausage

1 lb. ground dark meat turkey (not lean)
2 Tbsp coconut or avocado oil, divided
1/2 tsp. dried thyme
1 tsp. ground sage
1/4 tsp. garlic powder
3/4 tsp. Pink Himalayan salt
1/4 tsp. ground black pepper
Red pepper flakes to taste or 1/8 tsp. cayenne, optional

Add the turkey, 1 Tbsp. oil and spices into a large bowl and mix well to combine.

OPTIONS:

1. Be creative! Fold the waffle in half and fill it with 1 cup of cooked veggies like an omelet. Top with one Tbsp of Kerry Gold butter. This will cover your protein, fat and vegetable for one meal.
2. Or, cut the waffle in half and place a turkey sausage patty or turkey bacon on one triangle and fold it in half, making a breakfast “sandwich.” You can add Kerry Gold butter or a bit of Lakanto Maple Syrup, as well. One serving is 1/2 waffle and covers your protein and fat for one meal.
3. Maintenance: top waffle with shredded cheese or fold it between the two halves with or without the cooked vegetables.