

# Herby Breakfast Sausages



137 kcal

Serving 4

0 Mins

## Herby Breakfast Sausages

★★★★★ (0)

**Calories 137 kcal**  
**Protein Serves 0.75**  
**Carbohydrate 0.2**  
**grams**  
**Cholesterol 0**  
**milligrams**  
**Fat 9.7 grams**  
**Fiber 0 grams**  
**Protein 12.4 grams**

### Ingredients

2 tbsp Basil  
1 tbsp Coconut Oil  
250 g Pork (ground)  
2 tbsp Sage  
2 g Salt and Pepper (to season)

### Instructions

1. In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.
2. Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.
3. Serve hot or store in the refrigerator for later. (2 sausages = 1 serve)