

Start Your Day Right: The Perfect Recipe for Homemade Breakfast Sausage Patties

Are you tired of store-bought breakfast sausage patties that are loaded with preservatives and unknown ingredients?

Why not try making your own delicious homemade breakfast sausage patties using [Nutrafarms ground pork](#) and simple ingredients that you probably already have in your kitchen! These patties are easy to make, healthier, and absolutely delicious. Let's get started!

Ingredients for a Pork Breakfast Sausage Patties:

- 1lb [Nutrafarms ground pork](#)
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp dried sage
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp cayenne pepper (optional)
- 1 tbsp maple syrup (optional)



Instructions for a Pork Breakfast Sausage Patties:

1. In a large mixing bowl, combine the ground pork with the salt, black pepper, dried sage, dried thyme, garlic powder, onion powder, and cayenne pepper (if using). Mix well using your hands or a fork, until the spices are evenly distributed throughout the meat.
2. If desired, add in 1 tablespoon of maple syrup and mix well.
3. Form the mixture into patties about 2-3 inches in diameter and 1/2 inch thick.
4. Heat a large skillet over medium-high heat. Once hot, add the sausage patties and cook for about 3-4 minutes per side, or until cooked through and golden brown.
5. Serve hot with your favorite breakfast sides, like eggs, toast, and hash browns.



Final Thoughts for a Pork Breakfast Sausage Patties:

With just a few simple ingredients, you can make homemade breakfast sausage patties that are bursting with flavour and perfect for starting your day off right. The best part? You know exactly what is going into them, making them a healthier option than store-bought versions.

We hope you enjoy this recipe using [Nutrafarms ground pork](#), and be sure to check out our other recipes for more delicious meal ideas!