

Make-Ahead Homemade Maple & Sage Breakfast Sausage

There is little that compares to aromatic sausage patties to start your morning. You get a good dose of protein along with the antioxidant powers of sage and maple syrup to start your day off right. Just mix up these five ingredients then chill until ready to cook as desired. If histamine intolerant, omit the Dijon mustard since it contains vinegar.

Ingredients

1/2 pounds organic ground organic pork
2 tablespoons 100% pure maple syrup
1 tablespoon fresh sage
1 shallot, finely chopped
1 tablespoon Dijon mustard*
1 teaspoon freshly ground black pepper*
1 teaspoon kosher salt*

*Omit these ingredients for Healing Phase of the M2 Anti-Inflammatory Diet for Neuropathy

Directions

1. Mix all ingredients.
2. Wrap tightly in plastic wrap to keep fresh.
3. Chill in the refrigerator for at least an hour, or until ready to cook.
4. When ready to cook, form small patties and cook in a skillet over medium heat, turning once, until cooked through. About 8 minutes.

Is Maple Syrup Really Nerve-

Healthy?



Real, 100% pure maple syrup without additives and sweeteners is rich in antioxidants and minerals. Of course, moderation is important here due to the ability of maple syrup to raise blood sugar levels. But when used in combination with healthy fats and protein, maple syrup not only adds a boost of those antioxidants that zap nerve-damaging free radicals, but also supplies vital nutrients like including zinc, potassium, manganese, thiamine, calcium, iron, magnesium, and riboflavin. The key one to note here is zinc as it is an important nerve nutrient that is involved in cellular growth and regeneration that is harder to come by in the American diet.

Grade A vs. Grade B Maple Syrup

You've probably heard the hype about grade B maple syrup being healthier than grade A. But the truth is, their nutrient profile is the same. Here is the scoop in a nutshell direct from [Deep Mountain Maple, a Vermont maple syrup producer](#) for

over 25 years. Grade A is made from maple sap harvested early in the spring season, grade B is made from maple sap harvested later in the season when temperatures have warmed up. Grade A is lighter in color and flavor intensity, grade B is darker and more intense. When asked which is better, they reply, "Whichever one you like."

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