

# blackberry sage breakfast sausage

**MAKES 8 patties**

RECIPE FROM: [Real Food RDs](#)

COOK TIME: 10 minutes

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1 lb ground pork  
½ tsp dried ground sage  
½ tsp dried thyme  
½ tsp garlic powder  
1 tsp sea salt  
Pinch of fresh ground black pepper  
½ cup blackberries, chopped or halved  
Coconut oil, for frying

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MIX together all ingredients except blackberries and coconut oil in a large bowl.

ADD blackberries and shape mixture into 8 (2oz) patties. If berries are frozen, you can gently stir or mix them in by hand. If berries are fresh, you may want to shape the patties and then gently press a few berries into each patty.

HEAT a large skillet over medium heat. Add 1 tsp coconut oil and allow to melt.

PLACE patties in pan, being careful to not overcrowd them.

COOK 2-3 minutes on each side or until browned and cooked through.

REMOVE from pan to a paper towel-lined plate and repeat with remaining patties.

STORE in a covered container in the fridge up to 4 days or freeze for longer storage.