

Sausage Muffins

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Makes 12 muffins (points based on using homemade 0 point turkey sausage)

Blue – 1 muffin-2 points, 2 muffins-3 points, 3 muffins-5 points

Purple – 1 muffin-2 points, 2 muffins-3 points, 3 muffins-5 points

Green – 1 muffin – 3 points, 2 muffins-6 points, 3 muffins- 8 points

Turkey Sausage

- 1 pound 99% fat free ground turkey
- 1 tsp dried sage ***
- pinch marjoram ***
- 1 tsp salt
- 1/2 tsp white pepper (can use black)
- 1/4 tsp crushed red pepper flakes
- *** can substitute 1 1/2 to 2 tsp poultry seasoning for sage and marjoram (this is what I do!)

Muffin Ingredients

- 1 cup Bisquick Heart Smart
- 4 eggs, beaten
- 4 oz Cabot 75% reduced fat cheese
- 1 pound turkey sausage that you prepared or an already

prepared turkey sausage (adjust the points!)

Turkey Sausage

1. In a small bowl, mix all spices
2. In a larger bowl, place ground turkey. Sprinkle seasonings over turkey and mix VERY WELL with hands until all the seasonings are distributed throughout meat.
3. Cook meat in a non stick skillet (I use a little oil or cooking spray also) until cooked through.

Muffin Assembly

1. Spray a 12 cup regular size muffin tin with non stick spray, set aside
2. Preheat oven to 350
3. In a large bowl, combine all ingredients and mix well.
4. Scoop into muffin tin
5. Bake at 350 for about 20 minutes.
6. Let cool, remove from tin. Can be refrigerated for 3 days or frozen. To reheat, thaw if frozen and microwave 15-25 seconds.