



## Turkey Sausage & Apple Breakfast Meatballs



1/4th of recipe (5 meatballs): 160 calories, 1.5g total fat (0.5g sat. fat), 379mg sodium, 8.5g carbs, 1g fiber, 2g sugars, 27.5g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

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### Ingredients

1 lb. raw extra-lean ground turkey (at least 98% lean)  
1/2 cup finely chopped apple  
1/2 cup panko bread crumbs  
1 tsp. ground sage  
1 tsp. ground thyme  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/8 tsp. ground nutmeg  
Optional dip: lite or sugar-free pancake syrup

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, thoroughly mix all ingredients. Evenly form into 20 meatballs, each about 1 inch in diameter.

Place meatballs on the baking sheet, evenly spaced. Bake until cooked through, 10 - 12 minutes.

MAKES 4 SERVINGS

**Freeze & Heat 411:** Once cool, place each serving in a freezer-safe sealable container or bag -- seal and store in the freezer. To thaw, remove from container/bag and place on a microwave-safe plate. Microwave on high for 30 seconds, or until meatballs reach your desired temperature. Alternatively, refrigerate overnight to thaw.

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