



## 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

More: [Breakfast Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#), [5 Ingredients or Less](#)

### 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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.