

Maple Breakfast Meatballs

INGREDIENTS

2 lbs. ground breakfast sausage
1/2 cup maple syrup
1 egg
1/2 cup plain breadcrumbs
1/4 cup grated apple (optional)

TOOLS NEEDED

Baking sheet with rim
Aluminum foil

DIRECTIONS

Preheat oven to 350 degrees. Line baking sheet with foil and set aside. Combine sausage, maple syrup, egg, and breadcrumbs in large bowl. Add additional breadcrumbs slowly, until desired consistency is reached – mix should be wet enough to hold meatball shape, but not so wet that they are mushy.

Form into one-ounce meatballs, mix should make about 3 dozen. Bake until fully cooked, about 25 minutes.

Superhero Tip: You can substitute some of the sausage for finely chopped raw bacon. I recommend substituting no more than 1/2 a pound (8 ounces).

Second Superhero Tip: These meatballs can be frozen after cooking for easy use in future breakfasts. Pop them into the microwave for quick reheating.

Shank You Very Much

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