

# Sausage Pancake Bites

---

## INGREDIENTS

- 1 lb pork or turkey sausage, cooked and crumbled
- 2 cups all-purpose flour
- ¼ cup coconut sugar
- 1 tbsp baking powder
- 1 tsp salt
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 large egg, at room temperature
- 2 cups milk
- 2 tbsp canola oil (or melted butter)
- 2 tbsp honey

## DIRECTIONS

1. Preheat the oven to 350°F. Place your mini muffin tin in the oven while it preheats to help create crisp bottoms.
2. In a skillet over medium heat, cook the pork or turkey sausage until browned and crumbled. Drain and set aside to cool.
3. In a large mixing bowl, whisk together flour, coconut sugar, baking powder, salt, cinnamon, and nutmeg.
4. In a separate bowl, whisk the egg, milk, oil, and honey until well combined.
5. Stir the wet ingredients into the dry just until combined—do not overmix. Fold in the cooked sausage.
6. Carefully remove the hot muffin tin from the oven and grease each cup well.
7. Spoon the batter into each mini muffin cup, filling about ¾ full.
8. Bake for 12-14 minutes, or until golden and a toothpick inserted in the center comes out clean.
9. Let muffins cool in the pan for a few minutes, then transfer to a wire rack to cool completely.