

Chicken Apple Sausage

Makes 1 serving (1 protein, 1 fruit, 1 Melba toast)
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26 grams protein

2 grams fat

190 calories

Ingredients

- 100 grams chicken ground breast
- 2 tablespoons apple, minced
- 1 serving Melba toast crumbs (optional)
- 2 tablespoons chicken broth or water
- 2 tablespoons apple juice
- 1 tablespoon onion, finely minced
- Dash of garlic powder
- Dash of onion powder
- Dash of cinnamon
- Dash of clove or nutmeg (optional)
- Dash of cayenne to taste
- Stevia to taste (optional)
- Salt and fresh black pepper to taste



Directions

1. Combine ground chicken, diced apple, and dry spices in a small bowl.
2. Add in the minced onion and apple juice and mix thoroughly.
3. Form into 2-3 round patties and fry in chicken broth until fully cooked and lightly brown.
4. Deglaze periodically with a little water to intensify the flavours and keep the patties moist.



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