

Low-Carb Breakfast Balls



Makes 48 balls

Ingredients:

- 2 pounds bulk pork sausage
- 1 pound ground beef
- 3 eggs
- 2 tablespoons dried onion flakes
- 1/2 teaspoon black pepper
- 1/2 pound sharp cheddar cheese, shredded

Instructions:

1. Pre-heat oven to 375°F.
2. Using your hands or an electric mixer, mix all the ingredients together until thoroughly blended.
3. Form into about 4 dozen 1 to 1-¹/₂ inch balls and place on a cookie sheet or broiler pan.
4. Bake for about 25 minutes, or until just beginning to brown.
5. Once cooled, the balls can be sorted into individual zip bags and frozen for a grab-and-go breakfast.

Nutrition per serving (4 sausage balls): Calories 281; Total Fat 21.7 g; Saturated Fat 8.9 g; Monounsaturated Fat 8.2 g; Polyunsaturated Fat 2.4 g; Total Carbohydrates 1.7 g; Dietary Fiber 0.1 g; Sugar Alcohols 0.0 g; Sugars 0.9 g; Protein 19.0 g; Sodium 449 mg