




BREAKFAST SQUASH

SERVES: 1 (½ squash and 1 cup filling each) Prep Time: 10 min. Cooking Time: 13 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1


½ baked small acorn squash
½ cup cooked steel-cut oatmeal
1 pinch sea salt (or Himalayan salt)
1 pinch ground cinnamon
¾ cup **FIXATE Breakfast Sausage, warm**
(see separate recipe for **FIXATE Breakfast Sausage**)
¼ tsp. pure vanilla extract

SPECIAL EQUIPMENT:

Olive oil cooking spray

1. Remove ¼ cup squash flesh with a spoon; refrigerate for future use.
2. Preheat oven to 350° F.
3. Place squash on baking sheet. Bake for 8 to 10 minutes to reheat. This step is **optional**.
4. Heat small saucepan, lightly coated with spray, over medium heat.
5. Add enough water to slightly cover bottom of saucepan, oatmeal, salt, cinnamon, and sausage; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
6. Remove from heat. Add extract; mix well.
7. Stuff squash with oatmeal mixture.

RECIPE NOTES:

- Bake whole acorn squash at 375° F for 45 minutes. Once sufficiently cooled, cut squash in half and scoop out seeds. Store other half of squash in an airtight container in the refrigerator for up to 5 days.
- Store squash that was removed in an airtight container, in the refrigerator, for up to 5 days. This can be used as  1 at another time.
- To cook steel-cut oats, cook 1 cup oats with 4 cups water.
- Store leftover oatmeal in an airtight container, in the refrigerator, for up to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 398 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 50 mg Sodium: 705 mg Carbohydrates: 50 g Fiber: 6 g Sugars: 7 g Protein: 30 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.



FIXATE BREAKFAST SAUSAGE

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving): 1

1 lb. raw 93% lean ground turkey
2 Tbsp. pure maple syrup
1 tsp. sea salt (or Himalayan salt)
1 tsp. finely chopped fresh sage
1 tsp. finely chopped fresh rosemary
¼ tsp. ground black pepper
1 dash ground juniper berries (optional)
¼ tsp. ground nutmeg
2 tsp. ice cold water
1 tsp. olive oil

1. Combine turkey, maple syrup, salt, sage, rosemary, pepper, juniper, nutmeg, and water in a large mixing bowl; mix with clean hands until just blended. Set aside. **Cook's Note:** Try not to overmix as that will make the sausage tough; knead just enough to combine ingredients into a uniform, homogenous mixture.
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add turkey mixture; cook, stirring frequently to break turkey into crumble-sized pieces, for 5 to 8 minutes, or until turkey is no longer pink.

TIPS:

- If possible, use dark amber maple syrup, which can be found at upscale markets or online.
- If you can't find juniper berries at your local store, check online.
- This sausage can also be cooked in patties. Store cooked sausage in the refrigerator for up to 5 days.
- Sausage can be held raw, in the refrigerator, for 3 days, or in the freezer for up to 3 months.

NUTRITIONAL INFORMATION (per serving): **Calories:** 188 **Total Fat:** 9 g **Saturated Fat:** 2 g **Cholesterol:** 50 mg **Sodium:** 491 mg **Carbohydrates:** 8 g **Fiber:** 0 g **Sugars:** 6 g **Protein:** 24 g

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Recipes containing the icon are designed to be Paleo Friendly and contain no grains or legumes, and only paleo appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.