

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Cheesy Sausage Puffs

From www.intrupix.com

1 pound nitrite-free sausage, browned and drained
2 cups shredded sharp cheddar cheese
4 eggs
4 ½ Tbsp butter, melted and cooled
2 tbsp sour cream
1/3 cup coconut flour (heaping)
1/4 tsp baking powder
1/4 tsp salt
1/4 tsp garlic powder (optional, but I love garlic!)

1. Melt the butter, and then place it in the refrigerator to cool for 5-10 minutes.
2. Meanwhile, preheat the oven to 375 degrees and line a large baking sheet with non-stick foil or parchment paper.
3. Brown and drain the sausage, chopping it into small chunks; set aside.
4. In a medium to large size bowl, combine the melted and cooled butter, eggs, sour cream, salt and garlic. Whisk together.
5. Add the coconut flour (slightly more than 1/3 cup) and baking powder to the mixture and whisk until well combined.
6. Stir in the browned sausage and cheese.
7. Roll or drop batter into 1 inch balls onto your lined baking sheet. I make 35 and they fit perfectly (5 rows of 7). They only need to be about 1/2 inch apart.
8. Bake for 14-18 minutes or until slightly browned. Enjoy immediately, and store any leftovers in the fridge for up to a week.