



## Breakfast Sausage Bites

(Makes 36)

### Sausage Ingredients

1 pound Hy Vee Medium Spice Sausage  
1 Pkg Daiya Cheeder Cheese  
1 Apple cored and finely diced in food processor  
1/2 teaspoon ground cinnamon  
2 Tablespoons Maple Syrup  
1/3 cup brown rice flour  
1/3 cup Sorghum flour

1/4 cup Tapioca Starch  
1 Tablespoon Potato Starch  
1 Tablespoon Ground Flax Seeds  
1 Tablespoon Baking Powder  
1/4 teaspoon salt

### Maple Dijon Dipping Sauce

2 Tablespoon Dijon Mustard  
4 Tablespoons Maple Syrup  
4 Tablespoons Mayonnaise  
Mix Together



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Without cheese

Can make with 2 Eggs instead of diaya cheese if you want to save money or don't like soy cheese!

Grease 2 Cookie sheets and preheat oven to 375 degrees Mix Sausage ingredients together well. Form into small balls can use a cookie scoop. Bake for 15 to 20 minutes or until center is 160 degrees. Serve with Maple Dijon Dipping Sauce or barbecue sauce

<http://www.lincolntent.com/GFCF-Appetizers.html>