

Apple Spice Breakfast Patties



INGREDIENTS:

1 pound ground meat - beef, pork or chicken

1 medium apple

1/4 cup finely chopped white onion

1/2 teaspoon sea salt

1/2 teaspoon garlic powder

1-2 tablespoons all spice

Cooking oil

DIRECTIONS:

Grate apple, including the peel. Mix meat, apple, onion and all spice and salt until well combined. Form into small patties. Heat oil/fat of your choice over medium heat in a frying pan. Cook in batches until each side of the patty is cooked to your preferred doneness.