

# Start Your Day Right with High-Quality Breakfast Proteins from Nutrafarms

At Nutrafarms, we are committed to sourcing the best possible ingredients, and today we'd like to share our [cage-free pork](#) from Ontario-raised farms with you. We believe that by prioritizing quality, we can provide our customers with delicious, nutritious breakfast options that are both healthy and sustainable.

Whether you're looking for classic [bacon](#), flavourful breakfast [sausages](#), or something a little different like peameal bacon, we've got you covered. So why settle for anything less than the best? Choose Nutrafarms for your breakfast needs and start your day off right.



### **Nutrafarms Cage-Free Farm Bacon**

If you're a bacon lover, you'll be pleased to know that Nutrafarms has two different types of bacon to choose from. Our [regular and thick-cut bacon](#) both offer their own unique benefits, making them perfect for different occasions and cooking methods.

Let's start with our regular bacon. This classic option is perfect for big breakfasts or feeding a crowd, as it offers more slices per package. It's also a great choice if you're looking for a more budget-friendly option.

Our thick-cut farm bacon is ideal for special occasions or when you want to add a little extra oomph to your recipe. The thickness of the bacon means that it can stand up to other flavours and textures without getting lost in the mix. It's also a great choice for recipes like Caesar salad or a BLT,

where you want the bacon to be a standout ingredient.

No matter which type of bacon you choose, cooking it is a breeze. For our regular bacon, simply cook it over medium heat in a frying pan until it's crispy and golden brown. If you prefer, you can also bake it in the oven on a sheet-pan at 375°F for 20-25 minutes. Thick-cut bacon may take a little longer, so keep an eye on it to ensure that it's cooked to your liking.

### **Cooking Instructions & Options:**

- **Frying Pan:** Heat a non-stick pan over medium heat, add the bacon, and cook until crispy, flipping occasionally. For regular-cut bacon, this typically takes around 8-10 minutes, while thick-cut bacon can take up to 15 minutes.
- **Oven:** Preheat the oven to 375°F and place the bacon on a baking sheet lined with parchment paper. For regular-cut bacon, bake for 20-25 minutes, while thick-cut bacon may take up to 30 minutes.
- **Barbecue:** Preheat the grill to medium-high heat, and place the bacon on the grill over indirect heat (or on a sheet-pan) to help avoid flare-ups. Cook for about 5-10 minutes per side with the lid down or until crispy.

## **Recipe Ideas**

- **Classic Bacon and Eggs** – Fry up some bacon and serve with scrambled or fried eggs for a classic breakfast staple.
- **Bacon-Wrapped Dates** – Cut bacon into thirds, wrap each third around a pitted date, secure with a toothpick and bake in the oven at 400°F for 10-15 minutes until crispy.
- **BLT Sandwich** – Layer crispy thick-cut bacon, lettuce, and tomato on your favourite bread for a delicious

sandwich.

- Bacon-Wrapped Asparagus – Wrap regular bacon around asparagus spears and bake in the oven at 400°F for 10-15 minutes until crispy.
- Bacon-Wrapped Chicken – Wrap regular bacon around chicken breasts or thighs and bake in the oven at 400°F for 25-30 minutes until cooked through.



### **Nutrafarms Breakfast Sausages**

Nutrafarms' breakfast sausages are a delicious and versatile breakfast option that you won't want to miss. Made with classic farmer sausage seasoning, they're the perfect way to start your day. These breakfast sausages are made from high-quality, [cage-free pork](#) sourced from Ontario farms.



[Nutrafarms' breakfast sausages](#) are a versatile ingredient that can be used in many recipes. Here are a few ideas to get you started:

- Breakfast sandwiches: Cook the sausages and serve them on an English muffin or bagel with a fried egg and cheese.
- Sausage and egg casserole: Cook the sausages, then layer them in a baking dish with beaten eggs, cheese, and vegetables like onions and peppers. Bake until the eggs are set and the cheese is melted.
- Sausage gravy: Cook the sausages in a frying pan, then use the drippings, butter, flour, milk and a good amount of black pepper to make a classic creamy southern style gravy to serve over biscuits or toast.
- Sausage and potato hash: Brown the sausages and chop them into bite-sized pieces. Cook diced potatoes in the

same pan until crispy, then add the sausage back in and serve with eggs.

Nutrafarms' commitment to sourcing high-quality, cage-free pork from local farms ensures that our breakfast sausages are not only delicious but also ethically produced. By choosing Nutrafarms for your breakfast sausages, you can feel good about supporting local farmers and promoting sustainable agriculture.

## **Quality and Sustainability**

The quality of the meat you purchase can greatly depend on how the animals are raised, what they are fed, and how they are processed. At Nutrafarms, we believe that high-quality, nutritious meat starts with the way the animals are raised. That's why we source our proteins from local, sustainable farms that prioritize animal welfare and environmental stewardship.

When it comes to breakfast proteins, it's important to be aware of excess water that can be added to increase the weight and value of the product. Unfortunately, this can compromise the quality of the meat and affect the final weight, leaving you with less actual meat for your money. At Nutrafarms, we prioritize making the best possible product we can, which allows us to provide Ontario families with the quality they deserve at a price point they are happy with.



We are committed to sourcing our cage-free pork from local Ontario farms that raise their animals in a natural, stress-free environment without the use of hormones or antibiotics. By doing this, we can guarantee that our products are of the highest quality and contain no added water or preservatives. This ensures that every cut is fresh, delicious, and nutritious.

Our commitment to sustainable agriculture goes beyond just the quality of our products. By supporting local farmers and promoting sustainable agriculture, we are able to make a positive impact on the environment and the local economy. We believe that providing high-quality, locally sourced breakfast proteins is not only better for our customers, but it's also better for the planet.

When you choose Nutrafarms for your breakfast proteins, you can feel good knowing that you're getting the best possible

nutrition and supporting local farmers at the same time. We are proud to offer a wide range of delicious and sustainable breakfast options that are both healthy and tasty.