



Savory Breakfast "Sausage" Patties

Serves: 12 servings

Active time: 45 minutes

Total time: 1 hour

Ingredients

2 cups water
½ cup finely chopped raw cashews (a grinder will turn them to powder)
¼ cup low-sodium soy sauce
¼ cup nutritional yeast flakes
1 tablespoon tahini
1 ½ teaspoons onion powder
¼ + 1/8 teaspoon garlic powder
¾ teaspoon dried sage or 1 tablespoon fresh minced
1 teaspoon dried basil or 1 tablespoon fresh, minced
¼ teaspoon dried thyme or 1 teaspoon fresh, minced
¼ teaspoon dried oregano or 1 teaspoon fresh, minced
2 cups quick oats



Directions

- Combine all ingredients except oats in saucepan and bring to a boil.
- Stir in oats, cooking and stirring until mixture starts to thicken. Remove from heat, cover, and let sit until cool enough to handle.
- Preheat oven to 160 degrees Celsius.
- Place parchment paper or silicone pad onto cookie sheet. Scoop mixture and drop balls onto prepared cookie sheet, flattening each to ½-inch thick. If you use a quick-release scoop, the process will be fast and easy, and the patties will be the same size.
- Bake for 15 minutes. Flip patties and bake for 10-15 more minutes, until brown and firm but not dried out.
- Serve with ketchup or gravy for a breakfast meal.

NUTRITIONAL DATA PER SERVING (2 PATTIES): calories 51.45 | fat 1.90g | saturated fat 0.21g | cholesterol 0mg | sodium 97.42mg | carbohydrates 6.36g | fiber 1.24g | sugars 0.43g | protein 2.40g