

Sausage Breakfast Gravy

Prep. Time: 10-15 minutes

Cook Time: 5 minutes

4 cups

1 c. water
½ c. raw washed cashews
⅓ c. flour
1 T. McKay's Chicken-style

Seas.

1 T. nutritional flakes
2 t. low sodium soy sauce
½ t. onion powder
¼ t. PepperLike Seasoning,

opt.

¼ t. celery salt
¼ t. salt

2 c. hot water
½ pkg. Gimme Lean Breakfast
Sausage crumbled

COMBINE in blender.
WHIZ until smooth as
cream.
POUR into 2-qt. Kettle.

RINSE blender with water
and add to the kettle.
COOK & STIR over
medium heat until thicken.
ADD burger, heat through &
serve.