

Sausage Patties

Vital Vittles Cookbook

by Heather Leno

makes 24 small patties

2 c. water
½ c. ground raw cashews
¼ c. low-sodium soy sauce
¼ c. nutritional yeast flakes
1 T. tahini
1½ t. onion powder
1½ t. oil
¼ + ⅛ t. garlic powder

Option 1 – dried herbs

¾ t. sage
1 t. basil
¼ t. thyme
¼ t. oregano

Option 2 – fresh herbs

1 T. fresh minced sage
1 T. fresh minced sweet basil
1 t. fresh minced thyme
1 t. fresh minced oregano

2 c. quick oats

COMBINE all ingredients **except oats** in kettle.

BRING to a boil.

STIR in oats.

REMOVE from heat.

COVER with plastic wrap.

LET sit until cool.

SCOOP onto prepared cookie sheet and flatten to ½-inch thick.

BAKE at 325° in preheated oven for 15 minutes.

TURN and **BAKE** for 15 additional minutes.

SERVE with ketchup or gravy for breakfast.

These freeze very well and may be made ahead. When reheating, cover patties with foil so they do not dry out.