

## Oat burgers

4 C. water  
1/4 C. soy sauce  
1 onion chopped  
1/4 C. oil  
1/2 C. garlic powder  
1/3 C. chopped nuts or sesame seeds  
2 Tbs. yeast flakes  
1 tsp. Italian seasoning  
1 tsp. salt  
3 & 1/2 C. oats

Bring everything to a boil except, oats. When boiling, add oats and cook on low for a few minutes. Stir constantly while cooking, Allow to cool before forming into patties. Bake at 375 for 20-30 min. on each side.