

## Vegan Sausage Patties



### Ingredients:

1/2 cup TVP (textured vegetable protein)  
1/2 cup boiling water  
1/4 cup whole wheat flour  
1/4 cup oat or wheat bran  
1 Tbsp nutritional yeast  
1 Tbsp ground flax seeds, optional  
1 tsp garlic powder  
1/2 tsp crushed sage  
1/2 tsp fennel seeds  
1/4 tsp black pepper  
1/4 tsp salt  
Dash or two of cayenne, optional  
1/4 cup water  
1/2 tsp liquid smoke  
3 Tbsp soy sauce  
1 tsp maple syrup or sugar  
1/4 tsp blackstrap molasses, optional  
Oil for frying

**Directions:** Stir together TVP and boiling water and set aside to soak for 5 minutes. Add flour, bran, and dry spices; stir to incorporate. In a measuring cup, measure out water; add liquid smoke directly to the cup and stir (this way the smoke will be evenly distributed). Add water mixture and remaining liquids to dry; mix well. With your hands, form mixture into 1/2" thick patties. Heat 1/4" of oil in a cast iron pan. When oil is hot, fry patties for a couple of minutes on each side, until golden. Repeat last step with remaining batter, adding more oil each round as necessary. Serve hot.