

TURKEY LIKE PATTIES

1 ½ c TVP (Textured Vegetable Protein)

1 c quick oats

1 ½ c hot water

2 T soy sauce, unfermented

½ tsp sea salt

½ tsp garlic powder

½ T onion powder

1 ½ T nutritional yeast flakes

½ T turbinado sugar

½ c bread crumbs or oat flour

Put all ingredients in a large bowl. Mix and let it set for 10 minutes. Form patties. Cook on an olive oil heated skillet on both sides until golden brown. Delicious!

It freezes well.