

KAY 3 's VEGAN SAUSAGE



Ingredients:

1 & 3/4 cups water
2 Tbs. Bragg's Amino
1 Tbs. Oil (I use Safflower)
1 Tbs. Onion powder
1 & 1/2 Tbs. Maple Syrup
1/2 Tbs. Sage
1/2 Tbs. Italian Seasoning
3/4 tsp. Garlic Powder
1/4 tsp. Cayenne
1 3/4 Cups dry oats

In saucepan, combine all ingredients but oats, stirring well to combine thoroughly. Bring to a boil, and stir in the oats. Return to a boil, then remove from heat and let stand 15 minutes. Using a scoop or *Y4* form into patties and place on oil sprayed cookie sheet. Bake at 350 for 15 minutes, then turn over and bake for additional 10 minutes. I like to put a *small* amount of oil in pan and sauté on each side to brown the patties. I like to keep these in the refrigerator, because they taste good and they are very good at taming the appetite. They freeze well too.