



**GENESIS**  
-HEALTH REVOLUTION-

# ← Recipe Card →

**RECIPE NAME:**

*Oat Un-Sausage Breakfast Patty*

## **INGREDIENTS:**

- 2 cup water
- 4 Tablespoons Braggs liquid Aminos
- 2 Tablespoons oil (Optional)
- 3 teaspoons Honey
- 2 Teaspoons Onion Powder
- 2 Tablespoons Sage
- 2 Tablespoons Nutritional Yeast Flakes
- 3/4 teaspoon Garlic Powder
- 1/4 teaspoon Italian Seasoning
- 2 cups of quick oats.  
( Can use Old Fashioned Oats, but cooking time takes longer.)

## **DIRECTIONS:**

- Combine water, seasonings and all ingredients **Except Oats** and then boil.
- Bring to a boil and then add the oats.
- Reduce heat to medium-low and stir frequently to keep bottom from burning, cook until oats are soft and all water is absorbed.
- Allow to cool slightly then form into round patties and place on a lightly oiled cooking sheet.
- Bake at 400 for :12 on each side.

YIELDS: 10 patties approx.

### **NOTE:**

***A very versatile recipe. These patties are delicious hot and cold. They can be used on sandwiches, with gravy, for breakfast, lunch or dinner.***



