

Vegan Breakfast Sausage

(adapted from recipe shared by Nancy Lyons) by Susan Wolfe

INGREDIENTS:

3 1/2 cups water

1/4 cup Bragg's Liquid Aminos or low sodium soy sauce

1 tablespoon maple syrup

1 tablespoon applesauce

1/4 cup nutritional yeast flakes

1 1/2 tablespoons onion powder

1 tablespoon dried sage (**prefer 1 1/2 tablespoon sage**)

1 tablespoon Italian seasoning

1 1/2 teaspoon garlic powder

1/2 teaspoon crushed red pepper (optional)

3 1/2 cups quick-cooking oats

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.
2. Combine all ingredients, **except** oats, in a medium saucepan; bring to a boil over high heat.
3. Remove from heat; add oats and stir well. Allow mixture to sit 5 minutes.
4. Scoop mixture into 2-inch round balls; place on prepared baking sheet and flatten gently with hands. Bake 15 minutes; flip sausages and bake an additional 10 minutes.

Makes 25-30 sausages approximately silver dollar in size

TIP: *Vary amount of the sage or crushed red pepper to taste.**