



"SAUSAGE" PATTIES
Submitted by Kathy Farmer

2 1/4 cups warm water
1/4 cup soy sauce
2 cups + 2 Tbsp. uncooked oats
2 Tbsp. oil
2 tsp. each onion powder and honey
1 tsp. each sage and garlic powder
2 Tbsp. yeast flakes
1/2 tsp. Italian seasoning

Combine water and seasonings and bring to a boil.
Add oats and simmer for 5 minutes. Form small
patties by hand or with cookie dough scoop and bake
on Pam-sprayed cookie sheet at 350 for 15 min.
Turn each pattie and bake another 15 min. These
freeze well too.