



Walnut “Sausage” Breakfast Patties

Serves 4 (Makes 8 patties, 2 patties per serving)

Vegan, Gluten Free

Ingredients

1 tsp ground flax or milled chia + 1 Tbsp water, let sit for 5 minutes
1 cup walnuts
¼ cup rolled oats
1 to 1 1/2 tsp maple syrup
4 drops liquid smoke
½ tsp Smoky Southwest Seasoning Blend OR below seasoning recipe
¼ - to ½ tsp fennel seeds
1/8 to ¼ tsp red pepper flakes, depending on taste for heat!
Avocado oil spray for cooking (or air fry for ZERO oil!)

Directions:

1. Pulse all ingredients in magic bullet or blender until well combined. Spoon mixture, one tablespoon at a time onto a plate; press into a patty.
2. For skillet version (see below for 100% oil-free): Heat a non-stick skillet over medium to medium-high heat; spray with avocado oil spray; add sausage patties, four at a time, cook 2 minutes, or until brown; turn and cook an additional 2 minutes, or until brown.

Oil Free:

Air fry on 400F 10 minutes, or until outside is brown and crispy.

*Seasoning:

½ tsp salt
1/2 tsp paprika
1 tsp garlic powder
1/2 tsp pepper

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