

A Fast-Friendly RECIPE from ByziMom.com

Oat Sausages



*This recipe is as easy and healthful as it is easy!
Way less involved than the homemade seitan recipe
and great to make on the fly.*

*It's just a savory oatmeal, and it's exactly what you
need to make a fun family breakfast or some
awesome sandwiches with sautéed peppers and
onions!*

Alternatives

Oat Sausage Stuffed Mushrooms

At the point where the oat mixture becomes thick, scoop it into prepared portabella mushroom caps, place on a parchment-lined baking sheet, and bake at 350 degrees for 20 minutes. .

Ingredients

- 3 cups water
- 1 Tbsp smoked paprika, or plain paprika
- ¼ cup liquid aminos, or soy sauce
- 1 Tbsp oregano
- ½ cup nutritional yeast
- 1 tsp. garlic powder
- 1 tsp liquid smoke
- 2 Tbsp fennel seeds
- 1 large onion, cut into small dice
- ½ tsp red pepper flakes
- 3 ½ cups rolled oats
- salt and pepper to taste

Preparation

Combine everything in a large pot except for the oats, and bring it to a rolling boil. Add the oats, and simmer over low to medium heat until the mixture becomes thick. Remove from heat and let stand for a few minutes to set.

In the meanwhile, line a large baking tray with parchment paper. Scoop the oats onto the tray, about two inches apart. Using the back of a glass dipped in water, press the scoops into patties, dipping the glass in water between each patty until all are pressed. Bake at 375 degrees for fifteen minutes, then flip each patty and bake for 5 minutes more.

Tips

The recipe above makes Italian-style sausages. If a breakfast sausage is desired, just change up the spices! Omit the paprika, oregano, and fennel. Instead, add sage, nutmeg or mace, and ground coriander and a Tablespoon of maple syrup.

Oat Meatballs

Use a smaller scoop and instead of flattening into patties, allow to cool and with your hands, roll each scoop into a ball before baking. Serve in marinara or with cashew cheese sauce.