

## **Breakfast Vegan Sausage Patties**

Adapted From Recipe On: [Shaneandsimple.com](http://Shaneandsimple.com)

### **Ingredients:**

- 1 cup oats
- ¼ cup ground flax
- ¼ cup chia seeds
- ¼ cup nutritional yeast
- 1 TBSP onion powder
- 1 TBSP garlic powder
- 1 TBSP maple syrup
- 2 tsp paprika
- 2 tsp oregano
- 1 tsp black pepper
- 1 tsp ground sage
- 1 tsp fennel
- 1 tsp dried thyme
- 1 tsp cumin
- ½ tsp salt
- ¼ tsp ground cayenne pepper
- Pinch red pepper flakes
- ¾ cup veggie broth
- 3 TBSP soy sauce
- 1 tsp liquid smoke

### **Directions:**

1. Mix dry ingredients in a bowl and combine
2. Add veggie stock, soy sauce, and liquid smoke to dry ingredients. Stir and mash together until mixture firms up and holds well together.
3. Let sit for 10 minutes to allow chia and flax seed to absorb moisture.
4. Heat skillet or griddle on medium heat. Lightly oil and then form sausage patties. (wet your hands to prevent patties from sticking)
5. Place patties on hot skillet and cook 1 minute or until the down side browned. Flip and repeat on other side.