

Oatburger Recipe:

OATBURGERS

10 water

1 cup Braggs Amino or soy sauce

Bring water and Braggs Amino to a boil and add:

10 cups oats

Cook as you would oatmeal, and when most of the water is absorbed, add:

3/4 cup oil-(I use olive oil)

1 bulb garlic, chopped fine

1 sweet onion, chopped

1/2 cup nutritional yeast flakes

1/2 cup sesame seeds

1/2 cup sunflower seeds

Mix thoroughly all ingredients. Portion into burgers. and place on a cookie sheet covered with parchment paper.

Bake in 350 degree oven for 30 minutes each side.

Make a double batch and shape into meatballs and small patties. Freeze. For next meal, cover meatballs with spaghetti sauce and eat with noodles. Or, pour cream of. Mushroom soup or cashew gravy and eat with rice.