

# Marla's Unsausage

## Ingredients

- 1 T. flax meal mixed with 3 T. water (flax egg)
- 1 c. water
- 1 t. molasses
- 1 T. natural soy sauce (Class #1)
- 1 T. nutritional yeast
- 1 t. ground sage
- 1 t. onion powder
- ½ t. garlic powder
- ½ t. salt
- ¼ t. oregano
- 1/8 t. thyme
- 1/8 t. tarragon
- ¾ c. quick oats
- ½ c. TVP (available in Winco bulk)
- 1 t. flour (soy, whole wheat, spelt, almond, barley)

## Instructions

1. Stir together flax and water and set aside.
2. Combine water, molasses, yeast, soy sauce, dry seasonings and bring to boil.
3. Remove from heat and stir in the oats, TVP, flour and flax mixture. Let rest a few minutes to absorb moisture.
4. Form into patties or sausages and fry until nicely browned.

## Did You Know?

Textured Vegetable Protein is a highly nutritious soy product. It is incredibly wealthy in complete protein and contains no fat, so it is an excellent alternative to meat. TVP® is made from defatted soy flour that has been cooked under pressure and then dried. Use it as a vegetarian meat substitute in virtually any recipe calling for ground beef or turkey. Great for tacos, meatloaf, chili, sloppy joes and more. *Bobsredmill.com*