

OAT BURGERS COOKING CLASS

with Dad

Makes 6-8 Oat Burgers

3 cups water

¼ cup Bragg Liquid Aminos

1 tablespoon Better Than Bouillon Seasoned Vegetable Base (McKay's Beef Style Instant Broth and seasoning or other beef like seasoning)

1 teaspoon Italian seasoning

1 teaspoon garlic powder

½ onion powder

½ teaspoon salt

3 tablespoons nutritional yeast flakes

¼ cup dry onion flakes (or 1 finely diced onion)

3 cups quick oats

½ cup walnuts or pecans, ground

Preheat oven to 375°F. Place all ingredients except the oats and nuts in a high-speed blender. Cover and turn the blender on for 2-3 seconds, just enough for the ingredients to run through the blades and get chopped finely but not pureed.

Place the mixture in a saucepan and simmer everything together for 3 minutes, then remove from heat and stir in the quick oats and nuts. Allow it to cool.

Using an ice cream scoop or your hands, shape the mixture into 6-8 balls, placing them on a nonstick baking sheet. Press down the palm of your hand to make each patty ¼ -inch thick and place them in the oven. Bake for 25-30 minutes, flipping them after 15 minutes so that both sides are golden brown.

Variation 1: Try adding a tablespoon of molasses and a tablespoon of tomato puree for richer flavor.

Variation 2: Make a chili-oat burger by replacing the Italian seasoning with 1 teaspoon cumin, and the McKay's Beef Style Seasoning with 1 tablespoon chili powder.

Per patty: 172 calories, 6g fat (0.7 saturated fat), 0g cholesterol, 545mg sodium, 26 carbs, 1.5g sugar, 6.5g protein