

UNSAUSAGE

	8 Patties	24 Patties	48 Patties
Water	1 c	3 c	6 c
Walnuts or pecans	2 T	6 T	$\frac{3}{4}$ c
Honey	1 T	3 T	6 T
Beef seasoning*	1 T	3 T	6 T
Onion powder	1 t	1 T	2 T
Garlic powder	$\frac{1}{2}$ t	$\frac{1}{2}$ T	1 T
Sage	$\frac{1}{2}$ t	$\frac{1}{2}$ T	1 T
Italian seasoning	$\frac{1}{2}$ t	$\frac{1}{2}$ T	1 T
Paprika	dash	$\frac{1}{2}$ t	1 t
Hickory seasoning	dash	3 dashes	6 dashes
Quick oats	1 c	3 c	6 c

- (1.) Blend nuts with part of the water and the seasonings until smooth. Combine with rest of water in pan. Bring to a boil. Add oats, stirring until well mixed. Simmer on low for 3-5 minutes.
- (2.) Cool slightly, but while mixture is still warm, form into sausage patties. Spray regular size muffin tins with spray oil. (If you have an ice cream scoop, it works well to scoop mixture into muffin tins.) Press mixture into muffin tin to fill about 1/3 full. I use the bottom of a cup/glass to press the mixture down. This will firm the patties so they do not crumble and come apart and also form them into their sausage patty shape.
- (3.) Bake @ 350 degrees for 15 minutes. Take pans out of the oven then flip patties over using the tip of a spoon. You can press them down to make sure they brown on the bottom. Bake another 15 minutes.
- (4.) The patties are ready to serve or they can be cooled and stored in freezer bags to warm and serve later by thawing in a skillet on low heat or on a cookie sheet in the oven. Cover with foil to keep from drying out in oven.

*Soy sauce may be used if you do not have beef seasoning.

