

OATMEAL SAUSAGE PATTIES

1 3/4 cups water
2 Tbsp Bragg's liquid aminos
2 Tbsp nutritional yeast
1 Tbsp olive oil
1/2 Tbsp onion powder
1/2 Tbsp maple syrup
1/2 Tbsp dried sage
1/2 Tbsp Italian seasoning
3 3/4 tsp garlic powder
1/4 tsp cayenne pepper
1/4 tsp liquid smoke
1/4 tsp black pepper
1/3 cup walnuts - chopped
1/3 cup onion - chopped
1 3/4 cups quick oats

Place all ingredients except oats, walnuts, and onion in a medium saucepan and bring to a boil.

Add oats, walnuts and onion cook for about 5 minutes until all moisture is absorbed.

Let the mixture cool enough to handle with your hands - then form into patties and either fry with a small amount of oil or place on cookie sheet and bake for 30 minute, flipping half way through.

HEALTHY (VEGETARIAN!) BREAKFASTS

RECIPES FROM JAN MANLY

HOWARD COUNTY
FARMERS' MARKET
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OATMEAL PANCAKES

Put **1 cup quick oats** in bowl and pour **1 cup hot water** over the oats, let sit a couple minutes. Add **1 Egg**.

Mix together **1/4 cup flour**, **1/4 tsp salt**, **2 tsp baking powder** and **1 Tbsp sugar**. Add to oat/egg mixture, stirring just till mixed.

Fold in **1/2 cup blueberries** and **2 bananas cut in pieces**. Cook on hot griddle.

FRESH MUESLI

1 cup quick or rolled oats

2 cups silk coconut milk

2 tsp sugar

1/2 tsp vanilla

dash salt

1/2 cup grapes - sliced

1/2 cups strawberries - sliced

2 Tbsp almonds - sliced or slivered

Mix everything together. With rolled oats, refrigerate overnight. With quick oats you need only set sit about 30 minutes before serving.

The oats will absorb the moisture - before serving you can add more coconut milk to desired consistency.

SCRAMBLED TOFU

1 lb tofu - water packed firm or extra firm

1/2 cup onion - chopped

1/2 cup green pepper - chopped

1 Tbsp olive oil

2 tsp chicken-like seasoning

1 Tbsp nutritional yeast

1/2 tsp onion powder

1/4 tsp garlic powder

1/8 tsp turmeric

1/2 tsp salt

1 tsp diced jalapeño - optional

Drain water from the tofu, crumble.. In a large skillet add oil and tofu cook until any moisture cooks off then add veggies and seasoning and continue cooking until veggies are tender.