Vegan Lentil "Sausage" Patties

PREP TIME: 15 MIN   COOK TIME: 35 MIN   TOTAL TIME: 50 MIN   SERVINGS: 12

A twist on a classic breakfast patty! Vegan and Gluten Free, this breakfast option is filled with plant-based protein. These patties are great served on the side of eggs and potatoes, or with some melted cheese and an English muffin for a healthy breakfast sandwich.

Ingredients

- 1 cup dried red or green lentils
- 3 cups water
- 1 cup rolled oats
- 1 cup ground flaxseed*
- 3 tablespoons maple syrup
- 2 tablespoons tamari sauce*
- 2 teaspoons Italian seasoning
- 2 teaspoons paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- ½ teaspoon salt

*Notes:

- Sub chia seeds for flaxseed, or use 2 eggs in place of the flaxseed.
- Sub soy sauce instead of tamari if you are not gluten free.

Directions

1. Rinse and sort lentils. Add to a medium pot with water and bring to a boil; cook on medium high for 15-20 minutes, until liquid is absorbed and lentils are cooked through.
2. Transfer cooked lentils to a medium mixing bowl and add the remaining ingredients. Mix until combined well. The mixture should be moist. If too dry, add in a tablespoon of water at a time until desired consistency.
3. Preheat the oven to 400°. Using your hands, divide the mixture into 12 balls, then shape into patties. Transfer patties to a baking sheet lined with parchment paper.
4. Bake for 15 minutes, or until lightly browned.

Recipe adapted from Bohemian Vegan Kitchen