

BEST OAT BURGERS

4 c. water
1 small chopped onion
½ c. chopped walnuts
2 t. onion powder
½ t. garlic powder
1 t. basil
1 t Italian seasoning
2 t cumin
2 t salt
4 c. quick or rolled oats

Heat ½ c water in pan, add onion, cook till tender. Add 4 cups of water and all ingredients except oats, and bring to a boil. Stir in oats, remove from heat. Allow to cool slightly. Make patties on lightly oiled cookie sheet, using a round 1/4-cup measure. Dip cup in water after each burger to prevent sticking. Flatten burgers with bottom of cup. Bake at 350° for 30 minutes, flip and bake 10 more minutes.

Variation: For Breakfast Sausage, add 1½ t. sage. Make into meatballs, or crumble into burger for use in your favorite recipe.

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