

Clara's Easy Oatburgers

Time: 50+ minutes

Bring to a boil:

4 ½ cups water

½ cup Braggs Liquid Aminos

Turn down heat and add:

1 tsp onion powder

½ tsp Italian seasoning

2 Tbsp Nutritional yeast flakes

4 ½ cups old fashioned oats

Cook for 5 minutes, then add:

2 Tbsp olive oil

Stir and form patties on non-stick cookie sheet and bake at 350 degrees for 45 minutes.

*These freeze well for later use.