

 (Naturally) Breakfast Un-Sausages

Ingredients:

2 C     Water

3 T     ChikN style Seasoning

1 t       Italian Seasoning (marjoram, thyme, rosemary, sage, savory, oregano, basil)

1 t       Garlic Powder

½ T    Onion Powder

1 t       Sage

¼ C    Unfermented Soy Sauce

½ C    Diced Onion

2 C     Quick Oats (pre-cooked for 3 hours to remove the phytic acid)

½ C    Ground Walnuts

Directions:

* Place all ingredients in a pot; simmer for about 3 minutes.
* Let cool then shape into patties and place on a non-stick cookie sheet.
* Bake at 350⁰ for 45 minutes, turn them over and cook for an additional 45 minutes.

                Can freeze for up to 1 year.

Whole grains include all 3 parts of the grain, including the outer husk of the grain (called the bran), endosperm and the wheat germ. (credit: nibbleonnutrition.com)  It takes at LEAST 2 hours of cooking to destroy the phytic acid.

Phytic acid (known as inositol hexakisphosphate (IP6), or phytate when in salt form), discovered in 1903, is the principal storage form of phosphorus in many plant tissues, especially bran and seeds. Phytate is not digestible to humans or nonruminant animals, however, so it is not a source of either inositol or phosphate if eaten directly.  Moreover, it chelates and thus makes unabsorbable certain important minor minerals such as zinc and iron, and to a lesser extent, also macro minerals such as calcium and magnesium. (credit:  wikipedia.com)