



Oh, Boy! Oat Burgers

1 C	Oatmeal, cooked, cold and firm
1	Potato, raw, grated
4 tsp	Olive oil
½ C	Walnuts, ground
1 C	Bread crumbs, toasted
1 tsp	Salt
1 pinch	Sage
1 tsp	White flour
¼ C	Nutritional yeast flakes
1 tsp	Chick-it Seasoning
¼ - ½ C	Soy or nut milk (just enough to moisten)

- **Mix ALL ingredients together.**
- **Add just enough soymilk to moisten and bind mixture.**
- **Form into patties**
- **Place on sprayed cookie sheet.**
- **Bake at 350° for 20 minutes, then turn over and bake on the other side until golden brown.**

Serving Suggestions:

- **This is one of our favorite picnic burgers. They are fabulous with the typical hamburger fixings.**
- **They're delicious plain served with baked beans and potato salad.**
- **These patties freeze very well and hold up nicely in sandwiches, making them a great item to have in the freezer for school or work lunch boxes.**
- **Makes 12 patties.**