



The Micheff Sisters

Wholesome Grains (2/3/16)

Oatmeal Pecan Patties

Ingredients:

- 4 c. quick oats
- 1 c. pecans – ground fine
- 2 c. seasoned bread crumbs
- 1-12.3 oz. box Mori Nu tofu – extra firm
- 1 small onion – cut in half
- ¼ c. Bragg Liquid Aminos
- 1 tsp. McKay's Beef Style Seasoning
- 1 tsp. McKay's Chicken Style Seasoning
- 2 c. hot water
- 1- 8 oz. container Tofutti Better Than Cream Cheese



Directions:

In a large bowl put the quick oat, pecans, and bread crumbs. Put everything else in the blender and blend until smooth. When blended add to the oats and pecans and stir till well mixed. Take ¼ cup of oatmeal mixture and form into patties. Spray a cookie sheet with vegetable spray and spread about 1 T of oil in the pan. Lay the patties on the cookie sheet and lightly spray tops of patties with vegetable spray. Bake at 350 degrees for about 20 – 30 minutes. Half way through baking side flips the patties over. Serve with your favorite gravy or ketchup.

Yields: 20 – ¼ cup servings

Linda Johnson