

Breakfast Sausage

Tired of getting vegan mock meats with lots of oil and processed ingredients? Try out my Homemade Breakfast Sausage recipe!

Prep:
5 minutes

Cook:
30 minutes

Ready In:
35 minutes

Servings:
4-6



Ingredients

- 1/2 cup textured vegetable protein (tvp)
- 1 tsp salt
- 1 tsp Italian seasoning
- 1/2 tsp paprika
- 1/2 tsp red pepper flakes
- 1/4 tsp liquid smoke
- 2 tbsp maple syrup
- 1/2 cup hot water
- 2 flax eggs (2 tbsp flax mixed with 2 tbsp water)
- 1/4 cup raw walnuts
- 1/2 cup cooked brown rice

Instructions

- 1 First thing you'll want to do is cook your brown rice as per the instructions. You only need 1/2 cup of cooked brown rice for this recipe so cook a bunch and have it for lunch.
- 2 Place the textured vegetable protein in a bowl along with the paprika, salt, liquid smoke, maple syrup, red pepper flakes and Italian seasoning.
- 3 Add in the hot water and stir until the tvp is rehydrated.
- 4 Place the tvp mixture in a blender with the walnuts, flax eggs and cooked rice and lightly blend until combined.
- 5 Form the finished mixture in to patties and cook on a non-stick skillet at medium heat for 10 minutes on each side. If using a griddle like mine, you can roll them into balls and press down so they form in to patties.