

## **Unsausage**

Makes 25 unsausages

9 cups warm water  
1/2 cup Braggs liquid aminos  
9 cups quick oats  
2 tbsp onion powder  
8 tsp honey  
5 tsp sage  
1/2 cup yeast flakes  
1 TB garlic powder  
2.5 tsp fennel seed  
1.5 tsp salt  
1 tsp Italian seasoning

1. Combine water and seasoning and bring to boil.
2. Add oats and cook while stirring for 8-12 minutes, until well combined and thick/dry enough to form patties. (Leaving the mixture in the freezer for 15-20 minutes can help make it easier to work with when forming patties)
3. Form small patties and bake on cookie sheet at 350 for 12-15 minutes, flip each patty and cook on the other side for another 12-15 minutes.

## **Banana-Peel “Bacon”**

2 very ripe banana peels,, (from 2 bananas, see instructions)\*  
3 tablespoon braggs aminos or soy sauce  
1 tablespoon maple syrup  
½ teaspoon smoked paprika  
½ teaspoon garlic powder  
1 tablespoon coconut oil (or more if needed)

1. The number one most important step is to use bananas that are very ripe. Stay far away from green bananas, the bacon will taste terrible. The riper the banana the better the flavour so pick bananas that are yellow with lots of brown spots. (I have found that if the bananas are too ripe the peels won't hold together well when they cook and so prefer to use ripe bananas but not over ripe ones, feel free to experiment and find your own sweet spot of ripeness)
2. To prepare the banana peels: remove the peels from the bananas and tear into about 4 strips per banana. Use a spoon to lightly scrape off the white inside part of the banana peel leaving just the peel.
3. Make the marinade by mixing the braggs aminos/soy sauce, maple syrup, smoked paprika, and garlic powder together in a dish that will fit your banana peels. Add the

banana peels and toss to coat. Let marinade for a minimum of 10 minutes, but as long as a few hours.

4. When ready to cook the bacon, heat the oil in a large skillet or frying pan over medium heat. When hot add the peels and fry a couple of minutes per side, until they are golden and bubble up a little. It may get a little smoky as the sugars will burn so make sure to turn on your hood fan. Remove from pan and drain on paper towel. They should get crispier as they cool.

## **Millet Pudding**

4 cups pineapple juice

5 cups cooked and hot millet (allows it to blend better, resulting in creamy pudding)

½ tsp salt

1 tbsp vanilla

1 tsp lemon flavor

3 tbsp maple syrup

¼ cup cashews

5 Bananas sliced

2 cups Granola

½ cup Shredded unsweetened coconut

½ cup Blueberries

1. Blend the first 7 ingredients until smooth.
2. Layer a dish with granola and arrange sliced bananas on it.
3. Pour the blended pudding mixture over it and let it set for 10 minutes
4. Cover with a layer of granola
5. Sprinkle shredded coconut and blueberries on top.