

Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



www.goodenoughtoeat.net

Sausage Rolls

You'll need:

- 1 cup brazil nuts
- 1 cup sunflower seeds
- 1 large potato, boiled & mashed
- ½ cup water
- 1 tablespoon soy sauce
- 1 cup oats
- ½ teaspoon sage
- ¼ teaspoon basil
- ¼ teaspoon thyme
- 1 teaspoon salt
- 1 onion, chopped



Here's what to do:

Process dry ingredients until gritty. Add remaining ingredients and process until mixture clumps together like sausage mince. Using either shop bought ready rolled pastry or cashew pastry (see earlier recipes) form into sausage rolls. Brush soy milk on top of rolls and sprinkle with poppy seeds or sesame seeds.

