

Brazil Nut Patties



- 1 ½ cups Brazil nuts, chopped finely or ground into meal
- 1 onion, chopped
- 2 tsp ground flax seed or chia seed
- 2 Tbsp parsley, chopped (fresh)
- 1 tsp salt
- 1 cup soymilk
- 1 cup fresh breadcrumbs (packed) or 1 cup ground up quick oats

Mix all ingredients together and then spoon into patty shape onto a greased oven tray. Bake at 350F for 25 minutes, then turn the patties over and bake another 15 minutes.

Great as a hot dinner entrée, or cold with a picnic lunch.