

Homemade Breakfast Sausage Link

I love making seitan sausages! Using this method, you can make so many different flavors. This one is a breakfast flavor and makes one long sausage, but you could make more traditional smaller ones as well if you just made smaller links.



PREP TIME

10 mins

COOK TIME

45 mins

TOTAL TIME

55 mins



COURSE

Breakfast, Dinner, Lunch



SERVINGS

1 serving

CALORIES

215 kcal

INGREDIENTS

- 1/4 c vital wheat gluten
- 1 Tbsp chickpea flour
- 1/2 Tbsp brown sugar
- 1/2 tsp sage powder
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1/2 tsp salt
- 1 Tbsp tomato sauce
- 1/2 tsp maple extract
- 1/4 c water
- 1 tsp oil

INSTRUCTIONS

1. In a small bowl, mix all the dry ingredients together.
2. In another small bowl, mix the tomato paste, oil, maple extract and water.

- 3. Make a well in the dry ingredients and add the liquid mixture to it. Mix until it forms a dough ball, adding a Tbsp (15g) of vital wheat gluten if it is too sticky or loose.
- 4. Roll the dough into a log. Place on a piece of aluminum foil and roll it up like a tootsie roll, twisting each end.
- 5. Place in a steamer basket and steam for 45 minutes.

NUTRITION

Nutrition Facts	
Homemade Breakfast Sausage Link	
Amount Per Serving	
Calories 215	Calories from Fat 51
% Daily Value*	
Fat 5.7g	9%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.3g	
Cholesterol 0mg	0%
Sodium 152mg	7%
Potassium 59mg	2%
Carbohydrates 16g	5%
Fiber 2g	8%
Sugar 6.9g	8%
Protein 24.2g	48%
Vitamin A 55IU	1%
Vitamin C 1.5mg	2%
Calcium 32mg	3%
Iron 2.4mg	13%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!