

Amy's Organic Meatless Breakfast Patties (Vegan, Soy-Free)

****Sorry, it looks like Amy's has Discontinued this Product****

Yeah, no fake meat! Well, I guess technically this is a meat substitute that does its best to create a mock impression of the original. Nonetheless, it is made with organic vegetables and grains rather than "simulated meat" ingredients of wheat gluten or soy origins. Mind you, those products certainly have a place, but I have always preferred the real veggie burgers, you know, the ones made with vegetables …

These Breakfast Patties certainly meet my standards for a good veggie-based meat substitute. The first two ingredients are organic mushrooms and organic onions; a flavorful combination to be certain. To make it a full breakfast, I coupled two of the Breakfast Patties with Amy's Tofu Scramble in a Pocket. The patties came six to a box (frozen) but were neatly portioned into two per plastic package. Very convenient, I thought. Plus, they were beyond easy to make. I heated up a touch of oil, placed the pre-formed patties onto the frying pan, and let them do the work, flipping just a couple of times during the short eight minute cooking period. I was able to prepare the Tofu Scramble Pocket, and clean up my mess while the Patties cooked.

With my first plateful of meatless "sausage and eggs" ready, it was time to eat. The serving size turned out to be just perfect. I was full, but not stuffed. Also, it kept me going for a good three hours. The Patties were quite grainy (to my liking), just a bit "meaty," and a touch crumbly. I find that most breakfast sausages seem to be injected with spices that are further enhanced by the large quantity of fat. Low in fat as these are, they have a similar breakfast sausage flavor, but about one-third to one-half as potent.

After I had finished my first patty, I began to notice a distinct difference between Amy's Breakfast Patties and their very distant cousin, breakfast sausage. Amy's exuded a bread-y texture and flavor. In fact, I might more specifically describe them as very moist and flavorful sausage bread, if there were such a thing. As I noted more of this texture and the wonderful whole grain spikes, I began to recognize Amy's Patties as less of a meat substitute, but more as a unique and fun food all their own.

My Extra Notes & Tips:

- Though mushrooms are the first ingredient, they did not seem to overwhelm the flavor of these Patties, which had a diverse range of flavors. I wouldn't hesitate to trial these with the mushroom averse.
- All of Amy's products are vegetarian, nut-free, and kosher certified. The Patties are among their broad line of dairy-free, vegan, and soy-free products.
- **INGREDIENTS :** (VEGAN) ORGANIC MUSHROOMS, ORGANIC ONIONS, ORGANIC BULGUR WHEAT, ORGANIC CELERY, ORGANIC CARROTS, ORGANIC WALNUTS, ORGANIC OATS, FILTERED WATER, EXPELLER PRESSED HIGH OLEIC SAFFLOWER OIL, WHEAT GLUTEN, ORGANIC POTATOES, SEA SALT, ORGANIC GARLIC, NATURAL HICKORY SMOKE FLAVOR, SPICES.

Where to Purchase: See Amy's website for a store locator. Amy's products are distributed in the U.S., Canada, the U.K., and Thailand, though I am not sure which countries (outside of the U.S.) are currently carrying this product.