

Frat (Plant Based Brat)

SERVINGS
4

PREP TIME
5 MIN

COOK TIME
10 MIN

TOTAL TIME
15 MIN

Being plant based doesn't mean sacrificing zesty bratwurst flavor; choose a favorite plant-based option and add your favorite toppings for perfection.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

•1 Package Favorite Plant Based Brat (Impossible, Gardein, Tofurky, etc.)

■ Grill brat according to package directions.

2

•1 Can Favorite Sauerkraut

■ Drain sauerkraut and squeeze out any excess liquid remaining.
■ Heat sauerkraut in microwave until hot.

3

•Hearty Brat Bun
•Stone Ground Mustard

ASSEMBLE

■ Add desired amount of sauerkraut onto hearty brat bun.
■ Place brat on top of sauerkraut.
■ Add desired amount of mustard.