



Vegan Burgers

Ingredients

425 g whole, cooked chickpeas
120 g cooked brown or green lentils
1 small red onion, finely chopped
2 cloves garlic, minced
50 g rolled oats
30 g breadcrumbs
7 g IntegriPure® Milled Flaxseed +
45 ml water (for flax egg)
2.5 g ground cumin
1.2 g smoked paprika
0.5 g dried oregano
Salt and freshly ground black pepper to taste
15–30 ml avocado oil, for frying

Yield: 4-6 burgers

1. Prepare the flax egg: In a small bowl, whisk together milled flaxseed and water. Set aside for 5-10 minutes to thicken.
2. Add the chickpeas and lentils to the bowl of a food processor. Pulse a few times until roughly chopped and combined, but not completely smooth.
3. Transfer the chickpea and lentil mixture to the large mixing bowl. Add the onion and garlic, rolled oats, breadcrumbs, prepared flax egg, ground cumin, smoked paprika and dried oregano. Season generously with salt and freshly ground black pepper.
4. Using your hands or a sturdy spoon, mix all the ingredients together until well combined. The mixture should hold together when pressed.
5. Divide the mixture into 4-6 equal portions and form them into patties about ¾-inch thick.
6. To cook heat 1-2 tablespoons of oil in a large skillet over medium heat. Once the oil is hot, carefully place the patties in the skillet. Cook for 5-6 minutes per side, or until golden brown and heated through.
7. Serve on your favorite buns with lettuce, tomato, red onion, pickles and preferred condiments.