

Raw Vegan “Burgers”

Ingredients:

- 1 cup walnuts
- 2 cups sunflower seeds
- 1 stalk celery, chopped (1/2 cup)
- 1 small beet, chopped (1/2 cup)
- 1 carrot, chopped (1 cup)
- 1 small handful parsley, chopped
- 2 Tbs ground flax seeds
- 3 Tbs nutritional yeast
- 2 Tbs dried herbs (Italian seasoning)
- Optional: 1/16 tsp sea salt

Yield: 5 cups or 9 burgers

Serving size: 2-3 “burgers”

Equipment: knife, cutting board, food processor, large bowl for mixing

Method of preparation:

1. Process spices, nuts, and seeds in a food processor into a powder and set aside in a large mixing bowl.
2. Process all vegetables and fresh herbs in food processor into a smooth mass.
3. In a large mixing bowl, combine processed dried and wet ingredients using a large spoon or your hands, until it becomes a homogenous mass (if it is too wet, add more of the dried ingredients such as extra powdered nuts or seeds). The final texture should be not too soft or too wet.
4. Measure about 1/2 cup of the mixture to make one patty.
5. To serve, place a patty on a lettuce or cabbage leaf, and decorate with slices of bell peppers, tomatoes, onions, and parsley.
6. Store in a refrigerator for up to 3 days, freeze up to 2 weeks, or serve immediately and enjoy!

