



SPICY BLACK BEAN BURGERS

4 Cups rolled oats

2 large eggs

4 Cups of Brazil Nuts

1 Bunch of Cilantro

2 Cups Almond Flour

1/4 Cup Lemon Juice Fresh

2 Medium Onion

1 Tbsp Sea Salt

2 Red Bell Peppers

1.5 Tbsp Cumin

5 Stalks Celery

4 tsp Onion Granules

4 Cloves Garlic Chopped fine

4 Cans of Black Beans With liquid

*(optional) Chili powder and Cayenne pepper to taste.

To Prepare: In Food Processor, process the oats and nuts first.

Process onion, peppers, and celery fine.

In large bowl combine all dry ingredients

Sauté veggies until tender add to dry ingredients

Process cilantro and beans until chopped add to bowl with juice of beans mix together.

Add eggs for binder. Mash together and form into paddy's and bake 350 for 25 minutes turn and cook 10 more minutes until done. Also, can freeze.

Enjoy!

Chef Brenda