

CRAZY Delicious Recipes!

Easy! Main Dish, Gluten-Free, Low Carb, Vegan...

Seed-Nola™

Crusted Pumpkin-Mushroom Burgers

MAKE THE BURGERS

Use a food processor to thoroughly mix these ingredients:

2 cups organic, fresh, baked pumpkin (alternately use canned organic pumpkin)

1 ¼ cups dried mushrooms (use a mixed variety)

3 tblsp. dried to handful fresh of each: Rosemary, Thyme, Sage, Basil

¼ cup chopped red onion

2 cloves fresh garlic (1 tsp. powdered garlic)

1 ½ tsp. sea salt or Himalayan salt

3 tblsp. water or broth

2 tblsp. coconut or quality olive oil

1 cup **Seed-Nola** (more or less)

How to make the burgers:

1. Put all ingredients into your food processor.
2. Mix on pulse until thoroughly blended. (This can take a few minutes with breaks to scrape down the sides of the food processor bowl.)
3. Pour Seed-Nola onto a dinner plate.
4. Form pumpkin-mushroom mixture into patties.
5. Coat patties with Seed-Nola on all sides of each patty.

To bake: Preheat oven to 425° F. 10 minutes each side. Flip burgers once after 10 minutes then bake another 10 minutes or until golden.

To pan fry: Place burgers in hot skillet turn once when golden brown. Pan fry other side until golden brown. Serve at once! Freeze any leftover burgers.

Serving suggestion: Place burger on top of a large portabella mushroom topped with shredded greens, sprouts, avocado and drizzled with olive oil.

Makes 6-7 full-size burgers or 12-14 slider-sized



Easy! Dessert, Grain-Free, Low Carb, Vegan...