

Oat/Nut Burgers

Ingredients:

1 cup rolled oats (old fashioned oats)

1 cup ground walnuts

3 tbsp coconut milk for moisture (can use soymilk also)

1 medium onion chopped well (or 2 tsp onion powder ** see note below)

½ tsp salt

1 tsp sage

½ cup canned (cooked) garbanzo beans (or any beans: kidney, pinto, black beans, etc) blended in blender with ½ cup water



Directions:

Blend (whiz) garbanzo beans and water in blender.

Combine all ingredients. Form into balls (about the size of a golf ball is good) and press into a round flat burger or patty shape and place onto a baking sheet. Bake in oven at 325 degrees F for 25 minutes, take out of oven and turn over and bake a further minutes.

Ideas:

This can be served with gravy or tomato soup on top.

Note:

If you use onion powder instead of onions the burgers will be much drier in texture. You can use 1 cup of tomatoes (chopped fine) instead to retain moisture in the patties.

You can use additional herbs and healthy seasonings according to your taste.