

Chickpea Almond Burger

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 can (425g/15oz) chickpeas (garbanzo beans), drained and rinsed
- 1/2 cup almond flour or ground almonds
- 1/2 cup ground flaxseeds
- 1/2 cup carrots, grated
- 1/4 cup red onion, diced
- 1/4 cup fresh basil, chopped
- 1 tsp ground cayenne or dried red hot chili flakes
- 2 tbsp extra virgin olive oil
- 2 eggs

Instructions:

1. Toss all ingredients into a food processor and blend into a paste. They will be sticky, which is exactly how you want them.
2. Heat your grill to medium or feel free to pan sear them in 1 tbsp coconut oil on the stove top. If you're using a grill with a lid, they take about 5-6 minutes to grill.
3. Enjoy with your favourite toppings like lettuce and tomato.

Notes:

Makes 8 small patties. Try to get BPA-free Canned Chickpeas (if possible). If you only have whole almonds on hand, use a food processor to grind them up. These can be made without eggs. You may need to add a little water to make up for the moisture loss when you remove the eggs.