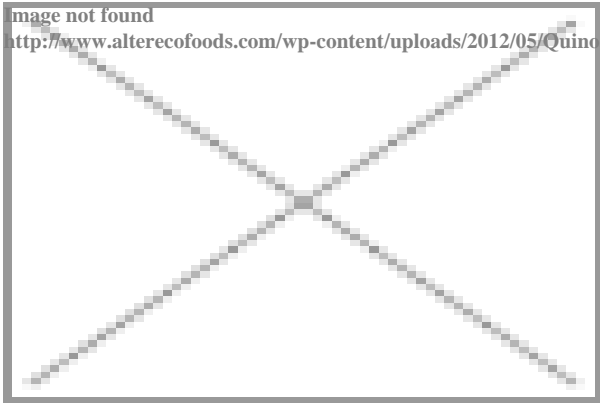


Quinoa Veggie Burgers

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Ingredients

1 1/2 cups cooked white quinoa
1/2 cup hummus
1 Tbsp unsalted tomato paste
1 Tbsp Bragg's Liquid Aminos
2 Tbsp "everyday spice"/allspice
4 Tbsp chopped red onion
4 tbsp chopped carrot
3 tbsp quick oats
4 Tbsp wheat flour
Salt & pepper to taste

METHOD

1. Blend all ingredients in a bowl
2. Chill the mixture for a half hour or so
3. Divide "burger" mix into 4 equal portions and form into 3 inch patties
4. Fry in a little olive oil on medium heat, 5 – 10 minutes each side, until browned and firm
5. Garnish as you wish!