

# CHICKPEA-OATMEAL BURGERS

## INGREDIENTS

### BURGER

1 15 oz can garbanzos (aka chickpeas), with liquid  
½ cup water or vegetable stock

1 medium onion, peeled, quartered

1 tsp fresh sage

2 tbsp soy sauce

1 tsp salt

½ cup walnuts, chopped

2 ¾ cup rolled oats, uncooked

1/3 cup whole wheat or chickpea flour

### TOPPING OPTIONS

avocado, arugula, tomato, red onion, hot sauce,  
veggie ketchup, mustard

## DIRECTIONS

1. Place garbanzo beans and its juice (called aquafaba), water or veggie stock and onion in blender. Blend until smooth. Pour into large bowl. Add remaining ingredients and mix. Let rest 10 minutes to soak up the extra liquid.
2. Form into patties of desired width about ½ in thick.
3. Bake at 350 for 8-10 min per side until browning.
4. Enjoy on a Ezekiel sprouted bun with sliced tomato, arugula, sliced avocado, mustard, and hot sauce or veggie ketchup (No added sugars).
5. Wrap in parchment paper and freeze in a bag, what you won't use in next 2-3 days. When ready to enjoy again, pull out the burger wrapped in parchment, and place right into preheated oven on the paper – may need to cook longer to heat through.

