

Bonzo Burgers

Prep. Time: 5-8 minutes

Bake Time: 45 minutes

8 burger-sized patties

1/2 c. cooked garbanzos*, drained
1/2 c. water
2 T. soy sauce
1 T. nutritional yeast flakes
1 T. Baker yeast
2 garlic cloves
(or 1/2 t. garlic powder)
1/4 t. salt

COMBINE in blender.
WHIZ until smooth.

*May be home cooked or commercially canned

1 c. quick oats
2/3 c. walnuts, ground
1/2 c. onion, minced

COMBINE in bowl.
ADD blender ingredients.
MIX well.
FORM patties.
COVER and **BAKE** on non-stick
Pam-sprayed cookie sheet at **350°** for
approximately 40 minutes, turn after
20 minutes.
OR cook in covered skillet on low for
20 minutes each side.
SERVE on burger buns with all the
trimmings.

*These burgers freeze very nicely and are good
to keep on hand for a quick lunch*