

RECIPE

Quinoa Burgers



Serves **4**

Ingredients

- 1 cup cooked quinoa
- 1 cup baked sweet potato
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- 1 tsp dried basil
- ¼ smoked paprika
- 1 clove minced garlic
- 1 tbsp diced red onion
- 1 tbsp chopped parsley
- 1 tbsp extra virgin olive oil
- Salt and pepper to taste

Prep

1. Preheat the oven to 350 degrees.
2. In a bowl, mix together the quinoa, spices, nutritional yeast, onion, garlic and parsley.
3. Add the apple cider vinegar, olive oil and sweet potatoes, mash until the ingredients are fully combined.
4. Using a ⅓ measuring cup form the mixture into patties and place them on a parchment lined paper or greased baking tray.
5. Bake for 30 minutes, take out and serve.

Tips

These patties can be made in bulk and frozen.

For cooking, you could also bake them for 20 minutes then finish them in a skillet on the stove for a crispier texture.