

## **Grain and Nut Patties**

2 cups garbanzos with juice, mashed (or blended in food processor)  
1/2 cup water  
1 1/4 cup cooked brown rice  
1 1/4 cup quick oats  
1 1/4 cup cooked millet  
1/2 cup + 2 Tbsp. ground sunflower seeds  
1/2 cup + 2 Tbsp chopped walnuts  
1 1/2 tsp garlic powder  
6 Tbsp soy sauce  
2 1/2 Tbsp nutritional food yeast  
2 tsp Italian seasoning

Mix well. Shape into patties.

Fry, grill, or bake (400° for 15 min then turn and bake 15 more min)

## **Grain and Nut Burgers**

1 15 oz can garbanzo beans  
1 pkg onion soup mix  
2 tsp liquid smoke  
2 tsp garlic powder  
1+ cup cooked bulgur wheat  
1 cup cooked rice  
1 cup dry oats  
1/2 cup sunflower seeds

Blend beans and seasonings in blender. Mix with remaining ingredients. Shape into patties.

Can be either fried or baked (400° for 15 min then turn and bake 15 more min).