

# Big Bertha Burger

Here is a tasty veggie burger that is totally wholesome, free of additives often found in most supermarket varieties. If you like them as much as we do, you will be making a double recipe and freezing the extras.

- 4 cups water**
- ½ cup Braggs Aminos (or low low-sodium soy sauce)**
- ¼ cup nutritional yeast flakes**
- 2 Tbsp canola oil**
- 1 Tbsp flaxseed meal**
- 1 Tbsp dried sweet basil**
- 2 garlic cloves, minced**
- 1 large onion, finely chopped**
- 1 tsp ground coriander**
- 1 tsp dried sage**
- 1 cup chopped cashews, walnuts or pecans**
- 4 cups rolled oats**

Place a 3-quart pan on burner over medium heat and add the ingredients in the order given above, except for the rolled oats.

Bring the water to a slow boil, quickly stir in the rolled oats and immediately remove from heat. Cover and set aside to cool.

Preheat oven to 375°.

Form oat mixture into three-inch round patties and place on oiled baking sheets.

Bake for 25 minutes on each side. Serve with whole-wheat buns, soy mayonnaise, lettuce and slices of onions, tomato and pickles.

**TIP:** To shape the round burger patties use the lid of a large-mouth canning jar. Fill and pat the burger mixture into the lid and then push the lid through the ring onto baking sheet. *See pictures.*



<b>NutritionFacts</b>	
per serving makes 18 servings	
Amount per serving	
<b>Calories</b>	209
Calories from fat	71
% Daily Value *	
<b>Total Fat 7.8g</b>	12%
Saturated Fat 1.3g	6%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 240mg</b>	10%
<b>Total Carbohydrate 26.8g</b>	9%
Dietary Fiber 4.4g	18%
<b>Protein 7.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b>Additional Information</b>	
34% of calories from Fat 51.3% from Carbohydrates 14.7% from Protein	