

Raw Burger Patties

Ingredients:

- 1½ cups carrot juice pulp
- ½ cup almond meal
- ¼ cup onion, chopped
- ¼ cup celery, chopped
- 1 Portobello mushroom, minced
- 2 tbsp. tahini
- 1 tbsp. dried basil or Italian seasoning
- Celtic sea salt or pink Himalayan salt to taste

Instructions:

1. In a large mixing bowl, combine all the ingredients.
2. Form into rounds about 3-4 inches wide and ½ inch thick. These can be placed in the sun for 4-6 hours turning halfway through. Cover with some sort of mesh or netting to ensure bugs don't get in. Alternatively, dehydrate for 8-10 hours, turning halfway. You could also place them in the oven and set the temperature to warm. Watch them closely and turn halfway through.
3. Serve wrapped-up in lettuce leaves or on a whole-grain bun with your favorite toppings.

Tip: Use seeds in place of almonds if allergic. The best options are sunflower and pumpkin. Make sure to blend them into a flour or meal first.