

## BEEET BURGERS

- 2 cups Grated Beets
- 2 cups Grated Carrots
- ½ cup Grated Onion (or finely diced)
- 1 cup Cooked Rice (use brown)
- 1 cup Toasted Sunflower Seeds
- ½ cup Sesame Seeds
- 2 Eggs beaten (or use flax or chia for substitute)
- 2 TB Tamari (or Bragg's Aminos for soy sensitive)
- 1 cup Grated cheese (or cheese alternative)
- 3 TB Flour
- ¼ cup Oil

Minced or dried garlic, cayenne, fresh or dried parsley to taste

Combine all ingredients, form into patties, bake at 350 about half an hour.

Makes about a dozen. Freezes well.