

Beetroot & Blackbean Burgers

6 ingredients · 45 minutes · 10 servings



Directions

1. Blend all ingredients in a food processor.
2. Using an egg ring, make patties on a tray lined with baking paper.
3. Bake for 10 mins, flip and cook for another 10 mins.
4. Serve with or without a bun with salad.

Notes

Freezing

These burgers are suitable for freezing. Place baking paper in between to prevent from sticking together in the freezer.

Ingredients

- 250 grams** Beet (Love Beets, Australian Grownm, ready to eat)
- 1 can** Black Beans
- 2 tbsps** Chickpea Flour (Also called Besan Flour)
- 1/2 piece** Lemon Juice (Juice from half)
- 1 tbsp** Cumin
- 1** Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	8	Iron	1mg
Fat	0g	Vitamin D	0IU
Carbs	1g	Folate	0µg
Fiber	0g	Vitamin B12	0µg
Sugar	0g	Magnesium	2mg
Protein	0g	Zinc	0mg
Calcium	8mg	Selenium	0µg