



# Mushroom Oat Burgers

Visual Recipe  
by DAREBEE  
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1 pack - 13oz - 400g mushrooms  
1 cup - 3oz - 100g oat flakes  
2 tbsps - 1oz - 30g ground flax seeds

**LEVEL UP!** Add 1 tbsp balsamic vinegar, 1 tbsp nutritional yeast. Add tomatoes and pine nuts for garnish.

2 PORTIONS

## INSTRUCTIONS

1. Place all of the ingredients into a food processor. Tip: Grind oat flakes first and then add the rest of the ingredients. Season for taste.
2. Blend until combined and paste-like. If you don't have a food processor, finely dice mushrooms and then combine them with the rest of the ingredients.
3. Preheat the oven to 400°F (200°C). Shape the mix into burger patties. Place the patties on top of a baking tray lined with baking paper.
4. Bake in the oven for 15 minutes. Flip the patties over and bake them for another 15 minutes, 30 minutes in total.
5. Transfer to a plate. Serve with yogurt sauce on the side and garnish with tomatoes and pine nuts.

