

Oat Burgers

2 c. boiling water

1 T. oregano

1 t. garlic powder (2 cloves pressed)

1 t. onion powder (1/2 onion finely chopped)

1 t. basil

1 T. lite soy or Amino Acid

½ c. ground walnuts

2 c. rolled oats.

Mix together. It will be sticky. Warm skillet, then add canola or olive oil. Warm oil then drop in ball of mixture. Let it fry on one side then flip. After you flip it you are able to squish the burger flat. Cook one side and flip again.

You can add grated carrots, zucchini and mushrooms, but my family enjoys the original recipe.