

Sunny Sunflower Seed Burgers *gluten-free, vegan*

This recipe is from a great book called [The Whole Life Nutrition Cookbook](#). Not just recipes, this book is a valuable resource for learning cooking techniques, descriptions of ingredients that may be new to you, a 7-day menu plan, and more. The 260-page Recipes section does not even begin until page 91!

Serve these tasty meatless burgers with your favourite organic condiments, sliced avocado, lettuce, sliced tomatoes, and gluten-free bread. Serve with over-roasted yam fries and a green salad for a balanced meal.

Makes 6-8 burgers

Ingredients

1 cup uncooked short grain brown rice

2 cups water

Pinch of sea salt

2 cups raw sunflower seeds

1 tsp garlic powder

½ tsp each of dried thyme, dried oregano, ground cumin and Celtic sea salt

1 small carrot, coarsely chopped

Small handful of fresh parsley, chopped

Olive oil for cooking

Procedure

Place rice, water and sea salt in a small pot with tight-fitting lid. Bring to a boil. Turn heat to a low simmer and cook for 45 minutes. Remove from heat and let stand for at least 20 minutes.

In a food processor, place the sunflower seeds, spices & salt and process until finely ground. Add the chopped carrots and parsley and pulse a few times. Then add the rice and pulse a few times to combine all of the ingredients. Be sure not to over process the mixture or it will get very gooey.

Form mixture into patties. Uncooked patties can be stored in a glass container in between pieces of waxed paper in the fridge for up to a week.

When ready to cook heat a skillet over medium heat and add about 1 Tbsp oil. Add burgers and cook on both sides for 3-5 minutes.

Notes from Shelby:

- in the 2 cups of seeds, I included ~1/8th cup flax seeds; to help hold the burgers together
- consider using oil that is more stable at elevated temperatures, such as refined coconut or grapeseed
- to lighten the meal, use 2 large lettuce leaves in place of bread/bun... or 1 leaf as a taco shell!

Bon appétit!