

Live Gardenburgers

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"Man lives on one-fourth of what he eats. On the other three-fourths lives his doctor." Inscription on an Egyptian pyramid, 3800 B.C.

This tasty recipe may be formed into balls or cutlets or fillets, or stuffed into your favorite veggies, (peppers, cucumbers or mushrooms) or served on top of a salad... Be creative and enjoy!

Equipment:

Chopping Board
Food Processor
Large Mixing Bowl

Ingredients:

1 lb of your favorite nuts (I like pecans.)
1 lb carrots, peeled and chopped
1 medium onion, chopped
1 Tbsp sweetener (honey, very ripe banana, raisins, etc.)
1 Tbsp olive oil
1-2 Tbsp poultry seasoning or other seasoning (My favorite is Herbamare.)
2-3 Tbsp nutritional yeast (optional)
sea salt to taste

Directions:

1. Grind the nuts in a food processor and place in a large bowl.
2. Combine the remaining ingredients in the food processor.
3. Add the “carrot/onion” mixture to the ground nuts and combine well.

If the mixture is not firm enough, add one or two of the following thickeners: dill weed, dried garlic, dried onion, parsley flakes, nutritional yeast, ground flax seeds.

* from *“Twelve Steps to Raw Food”* by Victoria Boutenko

For added deliciousness, drizzle Tamari Dressing over your Gardenburgers!

TAMARI DRESSING *

Ingredients:

1 Tbsp olive oil
1 heaping Tbsp tahini
3 Tbsp water
1 Tbsp lime juice
1 chunk red onion (1 inch thick)
1 Tbsp tamari, Bragg Liquid Aminos or soy sauce

Directions:

Blend all the ingredients until creamy.

from *“The American Vegetarian Cookbook”* by Marilyn Diamond