

Preparation Time: 20 minutes

Makes 6 burgers

**VEGAN**

### **Millet Burgers**

- 1 cups millet, pre-cooked until sticky in texture
- 1 scallion, sliced into small pieces
- ½ cup peas fresh cooked or defrosted frozen type, uncooked
- ½ cup carrots, raw or cooked grated
- 1 tablespoon ginger, fresh grated (optional)
- 2 cloves garlic, minced or powder to taste
- 1 teaspoon sesame or olive oil

Lightly coat cookie sheet with oil. Combine all ingredients and make small 2 inch round patties and place on cookie sheet. Bake at 350 degrees Fahrenheit for 15 minutes or until warm. Garnish with bean sprouts!

Serve with lettuce and sliced tomatoes and a side of SMASHED baked apples, cinnamon and sweet potato!