

# Oat Burgers

- 2 Cups organic onion, chopped
- 5 Cups distilled or pure water
- 2 Tbsps Pink Himalayan or celtic salt
- 1 ½ tsps organic garlic powder
- 1 ½ Tbsps organic onion powder
- 1 ½ tsps organic basil flakes
- 1 tsp organic oregano flakes
- 2 tsps organic dill weed
- 1 tsp. organic kelp powder
- ½ Cup ***Cheese Sauce Yeast-Free***
- ½ Cup organic sunflower seeds or chopped walnuts
- ¾ Cup organic cracked wheat bulgur
- 3 ½ Cups organic rolled oats, sprouted or dextrinized

In a large pot, add all ingredients together except oats. Let stand for about 30 minutes and then boil for 5 minutes. Add oats and mix briefly. Reduce Heat and simmer 5 more minutes. Cover and let sit for 1 hour. Using jar cover dipped into water, fill with oat mixture and form into burger patties. Place on an unbleached parchment paper-lined cookie sheet and bake for about 35 minutes in oven set for 350°F.