

Oat & Beef Burgers



Ingredients

For 3-4 burgers

- Extra-Lean Ground Beef (300-400g)
Medium-Large Pack
- 50g Whole Dry Oats (Approx. 1/2 cup)
- 1 Large Egg
- 1 Tbsp of Steak Spice
- 1 tsp Ground Black Pepper
- 1 tsp Pink Himalayan Salt
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1 Tbsp. Extra-Virgin Olive Oil
- ONE BUN Multigrain Sandwich Bun *(Can use large, small or even half bun)*

Directions

1. Measure or pour pack into medium-large sized bowl,
2. Mix together spices in small bowl, combine with spoon
3. Add egg, oats and mixed spices into bowl with meat
4. Combine and mix well (I like to do it with my hands)
5. Form into burger patties (whatever size you want)
6. Use olive oil if frying these or throw them on the BBQ
7. Top with bun, low sugar ketchup, cheese or any toppings!

