

# Turkey Burgers



## Ingredients

For 3-4 burgers

- 400-500g of Ground Turkey
- 1/2 tsp Pink Salt or Sea Salt
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Dried Basil
- 1 tsp Oregano
- 1 tsp Ground Black Pepper
- ONE BUN Multigrain Sandwich Bun  
*(Can use large, small or even half bun)*
- Slice of light REAL Cheese *(Optional)*

## Directions

1. In a large bowl, add meat and spices (measure first if needed)
2. Mix well with hands
3. Form into 3-4 burger patties
4. BBQ, air fry, bake or fry these burgers (use olive oil if frying)
  - Add some veggies to your burger or on the side
  - Press hole in center (Will prevent some shrinking)
  - Top with No Sugar Added Ketchup (optional)

