

Chicken Burgers



Ingredients

For 3-4 burgers

- 1 lb Ground Chicken
 - 1 tsp Ground Black Pepper
 - 1 tsp Pink Himalayan Salt
 - 1/4 tsp Smoked Paprika
 - 1/2 tsp Onion Powder OR
- 1/2 cup Finely Diced Onion
- 1/2 tsp Garlic Powder OR
- 2 Garlic Cloves, *minced*
- 1/4 cup Almond Flour
 - 1/4 cup Egg Whites OR 1 egg
 - 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 (will be sticky)
3. Form into 3-4 burger patties
4. Dip burgers into egg then cover in the almond flour
5. BBQ, air fry, bake or fry these burgers (use olive oil if frying)

**Try to add some veggies to this meal!

Press hole in center (Will prevent some shrinking that occurs with cooking)

Top No Sugar Added Ketchup (optional)

