

NOT for the birds!
Sweet & Crunchy Millet Burgers



Ingredients:

2 cups millet
4 cups purified water
½ cup rice flour or tapioca flour* or casava flour*
Finely Chop:
1 medium organic carrot
1 organic celery stick
1/2 small chopped white onion
5 chopped mushrooms (of your choice)
1 finely chopped garlic clove
2 TBS tamari (GF)
*These flours are grain free

Directions:

Bring the water to a boil in a saucepan. Add the millet and stir. Increase the heat to high and bring the mixture to a boil.
Lower the heat, cover and simmer for 20 minutes. Remove from the heat and let stand for 10 additional minutes. (do not remove the cover until after the millet sits for the additional 10 minutes)
After millet has cooled, add the ½ cup of GF flour and mix thoroughly with hands.
Add vegetables.
Form into (8) 3-1/2"X 2"-inch patties and place on lightly greased baking pan.
Bake at 325 for 15 minutes.
For a crunchier patty-coat each patty with tamari. Place under broiler for 5 minutes. Flip and coat the other side with tamari and cook under broiler for 5 minutes.
Top with sprouts, sliced tomato, raw sauerkraut & tahini dressing. Can be served solo (my favorite way) or on a gluten free or grain free bun

Millet is a gluten free adaptable ancient seed originating in northern China and Africa.
Rich in iron, Vitamin B complex, magnesium and calcium.