
RECIPE

VEGGIE BURGERS



INGREDIENTS:

- + Chickpeas
- + Breadcrumbs
- + Parsley
- + Salt and pepper
- + Paprika
- + Olive oil
- + Buns
- + Toppings

PREPARATION

1. Mash the chickpeas and mix in all the seasonings
2. Form patties in your size of choice
3. Grill on a well oiled pan for about 3 minutes per side
4. Serve with buns and toppings.

MOMMY'S BEST FRIEND
