



Recipe Details

Recipe Name - Raw Vegan Burgers

Recipe Steps -

Ingredients

- 1 1/4 cups sunflower seeds
- 2 cups chopped carrots
- 1 1/2 cups sun-dried tomatoes
- 1/2 cup green onions
- 1/4 cup red onion
- 1/4 cup raw tahini
- 1/4 cup tamari
- 2 Tbsp white miso
- 1 lemon, juiced
- 1 tsp garlic powder
- 1/2 tsp mustard seed powder
- Pepper to taste

Instructions

1. Add sunflower seeds and carrots to a food processor, and blend
2. Add the rest of the ingredients to the food processor and process until ground
3. Shape into burgers
4. Enjoy!

