



## **Veggie Nut Burgers**

These burgers taste good on their own or between two [garlic flax crackers](#) with some [ketchup](#).

To get the most nutrition out of the dish, the raw sunflower seeds should be soaked and dehydrated before hand. This makes them easier to digest.

*Some recipes, like this one, require dry nuts or seeds.*

It's nice to have a supply already on hand of [soaked](#) and dried nuts or seeds. If you know beforehand that a recipe requires it, you can do it right when you purchase them or a couple days before you make the recipe.

Because I like sunflower seeds on my salads, I generally [soak](#) and dry/dehydrate them as soon as I buy them. I then store them in a glass jar in my freezer.

### **Ingredients:**

- 2 stalks celery, chopped
- 1/4 cup onion, chopped
- 1/2 red bell pepper, chopped
- 1 Tbsp celtic sea salt
- 2 Tbsp oregano
- 1 cup sunflower seeds, ground
- 1 cup flax seeds, ground
- 1/2 cup [purified](#) water

### **Directions:**

1. Mix all ingredients together.
2. Form into 4 patties.
3. Dehydrate at 105 degrees F for 3 hours.