

Lentil Tahini Burgers with Sauerkraut

4 SERVINGS 30 MINUTES



INGREDIENTS

2 2/3 cups Green Lentils (cooked, drained and rinsed)
1/4 cup Tahini
1/2 tsp Sea Salt
1 tbsp Apple Cider Vinegar
1/2 head Green Lettuce (separated into leaves and washed)
1/4 cup Unsweetened Coconut Yogurt
1/2 cup Sauerkraut

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 03 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 04 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

NUTRITION

AMOUNT PER SERVING

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|----------|-----|---------|-----|
| Calories | 254 | Carbs | 31g |
| Fat | 9g | Protein | 15g |