



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Savory Burger Patties

INGREDIENTS:

3 C water	3 tsp salt
4 tsp smoked paprika	1 tsp garlic powder
1/2 tsp fennel seed, crushed (Optional)	2 tsp basil
1/4 tsp crushed red pepper flakes	1-2 tsp sage
2 TBS yeast flakes	4 TBS oil (optional)
3 C quick oats	

DIRECTIONS:

- Bring water to a boil with spices, add quick oats and cook 1 min, stirring constant.
- Remove from heat, cover and let set 5 min.
- Make patties by putting into a wide mouth sized mason jar ring lined with plastic wrap.
- Bake 400 10 min each side.



