

BEETROOT QUINOA PATTIES



INGREDIENTS

- 2 cups raw beetroot, grated
- ¼ cup rolled oats
- ½ cup **Tipiak Quinoa Gourmet**, cooked
- ½ cup all-purpose flour
- 1 onion
- 2 cloves garlic
- 1 tbsp flax seeds
- 1 tbsp Pip & Nut peanut butter
- 2 tsp dried thyme
- Salt & pepper

METHOD

1. Grate the beets with a food processor or else with a manual grater.
2. Add the rest of the ingredients to the mix.
3. Pulse, stopping to scrape the sides, until the mixture comes together.
4. Form small patties. (The patty mixture will be very sticky, so wet your hands in between forming each patty, to help stop the sticking.)
5. Preheat your oven to 180°C.
6. Lightly grease a baking sheet.
7. Lay the patties out in a single layer with room around them for air to circulate.
8. Bake 30 to 35 mins until golden brown.



MAKES
10 Patties



COOKING
45mins



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