



Veggie Nut Burgers

Want a quick vegetarian burger that you can enjoy on the run? Check out this recipe for cold veggie nut burgers, which require no cooking and take just minutes to prepare. The natural flavors of the vegetables and nuts can be nicely complemented with a little chili powder. A wonderful twist on the typical cold veggie sandwich!

Ingredients

- 1 cup almonds
- 1 cup pecans or walnuts
- 2-3 large carrots
- ½ large onion
- 1 large handful of fresh parsley
- ¼ cup lemon juice
- 1 teaspoon sea salt

Preparation Process

Add all the ingredients into food processor or blender. Once fully blended, remove and shape into burgers.

Serve with the bun or bread of your choice.

If you want to watch the video again. Click [here](#).