

## Best Veggie Burgers



### Ingredients

2 cups walnuts or pecans  
1 cup breadcrumbs  
1 package of Spinach (I like fresh but you can also use frozen just be sure to drain it well)  
1 can kidney beans or chickpeas  
1 bunch green onions  
2 cups baby carrots  
Garlic to taste  
2 eggs (or can also add some mayonnaise or sticky rice to help it all stick together)



### Directions

Begin by blending all ingredients in the food processor.

Mix well. Add eggs and/or mayonnaise. Form into patties and grill, broil or pop in the toaster oven!

Serve with or without a bun.

Original recipe from the [Urban Peasant](#) cooking show.

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