



Raw Veggie Burgers

- 1 cups Walnut
- 1 pecan
- 1 cup Pumpkin seeds
- 4 Carrots
- 1 Onion
- ½ bunch fresh parsley
- ¼ cup fresh lemon juice
- 1 tsp rosemary
- 2 tsp curry powder
- 1 tsp freshly ground sea salt

Soak the nuts overnight

Drain the nuts and place all ingredients in a food processor and process until smooth scraping down the sides if needed mid-way.

Shape into burgers and place in the dehydrator on 108 degrees for about 8 hours turning burgers once halfway through cooking time.

Google says “ Properly stored, frozen **veggie burgers** will **maintain best** quality for about 6 months in the **freezer**, although they will usually **remain** safe to eat after that.”

Enjoy!!!!!!!