

#### THINGS TO KEEP IN MIND

This recipe can yield 10 burgers. Each burger will have only 150 calories with 7 grams of protein. We hope this recipe can give you ideas on how to follow a low-protein diet.

#### INGREDIENTS:

- 1 can of chickpeas, low in sodium
- 1 egg
- ½ cup of almond flour
- ¼ cup of breadcrumbs
- 1 tbsp of tahini
- 1 tsp of garlic
- ¼ cup of cilantro or parsley
- ¼ cup of onion
- Pepper to taste
- ½ tsp of smoked paprika
- ½ tsp of cumin
- ¼ tsp of cayenne pepper



# Delicious chickpea burgers

#### Directions

1. Drain and rinse the chickpeas. Mix all of the ingredients together in a food processor: chickpeas, egg, almond flour, breadcrumbs, tahini, and the spices.
2. Form into burger shapes.
3. Use a little bit of cooking oil or cooking spray (canola oil or olive oil) in a sauté pan and cook them until golden brown on each side. Or, you can cook them in an air fryer (for 5 min on each side at 400 °F), remembering to spray pan before cooking them.
4. Serve and enjoy as a burger or a patty with salad or vegetables on the side.