

## Zesty Black Bean Burgers

### Ingredients

2 Cups Black Beans, drained and rinsed  
4 green Onions, chopped  
1 Lime, zest and juice  
¼ tsp of Chili Flakes  
1 tsp ground Cumin  
1 tsp Garlic powder  
¼ cup / 4 TBL ground flax seed  
1 handful Cilantro  
½ tsp Salt  
¼ tsp Pepper

### Instructions

Preheat oven to 375 degrees.

1. Add beans to a large bowl and mash roughly with a potato masher (but not too much)
2. Add all the other ingredients and mix well with clean hands, making sure everything is well combined. Taste the mixture to check seasoning and add more if necessary.
3. Refrigerate for about 15 minutes. This helps it firm up a little and makes it easier to shape the burgers.
4. The mixture will feel very sticky but should come together well. Shape into 4 balls pressing them together really firmly then using the palm of your hands to press down on the top of each one to make it a burger shape. If they crack a bit just press them gently back together. If you struggle to shape them because you feel the mixture is too sticky, then add a tablespoon of flax and leave for a few minutes to let it absorb some moisture before trying to shape again.
5. Bake in the oven at 375 degrees until heated through and a bit crusty on the outside (about 30 minutes).