

## **Sprouted Lentil Burgers**

(from Nomi Shannon's The Raw Gourmet)

2 cups sunflower seeds, soaked 8-12 hours, sprouted 4 hours  
1 1/2 cups sprouted lentils  
4 carrots, finely grated  
1 small onion, cut in chunks  
4 stalks celery, peeled and coarsely chopped  
2-3 cloves garlic  
2 scallions, chopped  
4 tbsp parsley, chopped  
4 tbsp lemon juice  
2 tbsp Bragg's All Purpose Seasoning, or 1/2 tsp sea salt  
1 tbsp poultry seasoning (this is vegan)  
2 tbsp fresh oregano, or 1 tsp dried

In a food processor, combine all ingredients. Process until the ingredients are thoroughly mixed and broken into small bits. Form the mixture into 1/2 inch, 1 cm-thick patties. Place in a dehydrator for 8-12 hours, or in a very low oven to 'dry out'. Makes 9-10 large patties.

Serve on top of cabbage leaves or lettuce with bruschetta or guacamole.