

Millet and Veggie Burgers

2 cups organic millet
6 cups water
1 zuchinni, shredded
1 onion, diced
4 garlic cloves, minced
1 cup organic breadcrumbs
½ cup toasted, organic sesame seeds
1 tsp organic thyme
1 tsp organic sage
1 tbsp organic parsley

Add millet, water, thyme, sage and parsley to a pot. Bring to a boil, reduce heat and simmer until water is absorbed.

Saute onion in olive oil until soft. Add in zucchini and garlic and simmer (I usually add a bit of water to keep it from sticking or burning)

When millet and veggies are done add to a mixing bowl and stir will to combine with breadcrumbs and sesame seeds. Wait for mixture to cool and then using wet hands form into patties. (I made 14 burgers with this recipe). Crisp up (or reheat) in coconut oil ~ serve hot.