The Ideal Burger
Healthy, delicious, and eco-friendly
“Veggies + Burgers = Fuel”

-Someone famous
**Ingredients**

For de veggie pattie:
- 1 cup of chickpeas
- 1 ½ cup of bread crumbs
- ½ cup of shredded carrot
- 1 egg
- 1 tbsp of olive oil
- Diced onions and garlic
- Cilantro
- Lemon juice
- Salt
- Pepper
- Complete seasoning

Extras and toppings:
- Burger bread
- Sliced tomatoes
- Sliced onions
- Shredded mozzarella and cheddar cheese
- Butter
In a blender, combine all the pattie ingredients and blend. Once smooth, drop ½ cup of the mixture in a hot pan with olive oil and cook on both sides until golden brown.

Assemble your burger with your favorite toppings.

Enjoy!
Why should we include veggie burgers in our diet?

Aside from being a healthy alternative to hamburgers, the ideal burger is eco-friendly and helps us get a step closer to achieving the UN's sustainable development goals. In addition, veggie burgers are more satiating than a normal burger with meat, which helps us maintain a balanced diet.