# **RECIPE FOR A VEGGIE BURGER**



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Here are our most popular homemade veggie burger recipes, according to you! All of these recipes for veggie burgers are vegetarian, and most are vegan. Homemade veggie burgers are an excellent source of protein for vegetarians.

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## Veggie Burger Recipe How to Make Delicious Homemade

Eggs Egg makes a great binder, holding these burgers together. For a vegan burger, soak a tablespoon of flax seeds (for each egg) in water for ten minutes. This will act as a binder like eggs and help hold burgers together. Bread crumbs or oatmeal This will also help hold burgers together and provide texture.

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### Veggie Burgers Recipe Allrecipes com

Great burgers. Cooked carrots, squash and zucchini are stirred into oats, cheese, and egg with some broth and soy sauce added for color and taste. Chill for at least 1 hour, then shape into thick patties and broil. http://ebookslibrary.club/download/Veggie-Burgers-Recipe-Allrecipes-com.pdf

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