



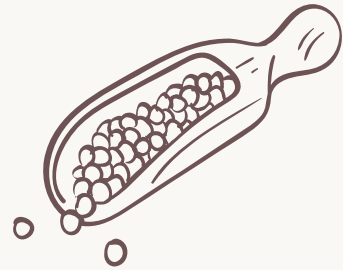
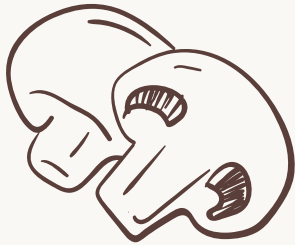
# *The Ideal Burger*

Healthy, delicious,  
and eco-friendly



“Veggies + Burgers = Fuel”

*-Someone famous*



# Ingredients

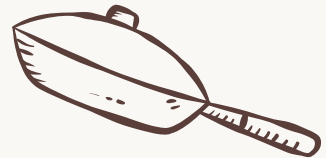
## For de veggie pattie:

- 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



# Steps



01

In a blender, combine all the pattie ingredients and blend. Once smooth, drop  $\frac{1}{2}$  cup of the mixture in a hot pan with olive oil and cook on both sides until golden brown.



02

Assemble your burger with your favorite toppings.

03

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.

