



## KICHADI BURGERS



**Tags:** [Pitta](#), [Spring](#), [Summer](#), [Vata](#)

**Prep Time:** 10 Min

**Cook Time:** 15 Min

**Serves:** 2

**Directions:**

1. In a mixing bowl, combine the flax meal with the water and whisk until it thickens. (Add to any recipe in place of 1 egg).
2. Combine the flax mixture into your kichadi and then with your hands take a small handful of kichadi mixture, pat it into a ball, then press to flatten.
3. Coat with almond meal (optional).



4. Melt the ghee in a saucepan on medium-high. Place in your saucepan and cook until it browns. Turn the patty over and cover the pan now while it browns on the second side.
5. Top with garnishes of your choice, over a salad, and add cucumber riata sauce (see recipe).

**Ingredients:**

- 1 cup of your favorite kichadi (see our sweet kichadi recipe)
- 1 Tbsp. flax meal
- 2.5 Tbsp. water
- 1 cup of almond meal (optional)
- 3 Tbsp. ghee

You could also call these sliders, and serve them at parties, or over salad for an elegant lunch. You could pick the shape, and put them in a tortilla and call it a wrap!

Green mung beans exhibit powerful antioxidant properties that can help fight disease as well as protect the body. Consuming Green Mung Beans have been studied to treat Diabetes, Heart Disease, Cancer, Celiac Disease (Gluten-Free Diets), Anemia, Osteoporosis, Digestive Imbalances, Inflammation, Regulate Hormones After Menopause, Relieve Hot Flashes, and Prevent Osteoporosis. Mung beans offer 14 grams of protein per cooked cup, equal to 2 oz of chicken or turkey or 2 hard-boiled eggs.