

Raw Patties

Edited by Sue D Nim

Ingredients

1 avocado

1 cup of almonds ground in blender

1 tablespoon fresh sage

1 tablespoon fresh parsley

1 tablespoon fresh chives

1 small onion chopped finely

Method

Blend the almonds to a fine meal. Mash avocado and add to almond meal with other ingredients. Mix well. Use two soup spoons to form patties. Serve on a bed of lettuce with hummus or chopped tomato. Yum! Or put the lot on whole wheat toast.