Hill's Mills & Mixers
BOSCH Kitchen Centre
~products for better health

(4) BEAN FLOUR RECIPES

LENTIL GARBANZO PATTIES

2 cups lentil flour
½ cup garbanzo bean flour
2 Tbsp finely minced onion
1 egg
½ tsp salt
2 Tbsp beef or vegetable soup base

Mix all together. Adjust moisture level by sprinkling a bit of water or adding another egg (or egg white) to desired consistency if mixture is too dry. Form into small patties and fry in skillet coated with a non-stick vegetable spray. Brown on both sides.

Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559