



*Hill's Mills & Mixers*

**BOSCH** Kitchen Centre

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## **(5) BEAN FLOUR RECIPES**

### **GARBANZO PATTIES**

1 cup sprouted garbanzo beans  
½ cup whole almonds  
½ c water  
½ cup cooked brown rice (or 4 tbsp. brown rice flour)  
dash garlic powder  
¼ tsp onion powder  
½ tsp poultry seasoning  
1 tsp chicken or vegetable soup base  
½ cup chopped onions  
up to ½ cup wheat or bean flour to thicken patty mixture

In Dimension Blender, coarsely grind garbanzos and almonds in water. Pour into a mixing bowl. Add remaining ingredients and mix well.

Drop by tablespoonfuls onto a baking sheet coated with a non-stick vegetable spray or lightly greased, and bake at 350 degrees for 10 minutes. Turn patties over and cover; bake an additional 5 minutes.

OR pan-fry over medium heat in skillet coated with a non-stick vegetable spray.

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