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.

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