**The Oh-Mega Mushroom-Walnut Burger**

**with Fresh Cashew Queso**

**Ingredients**

**8 oz. Portobella**

**4 oz. Shitaki (for less mushroom flavor add a total of 12 oz. Portobella only)**

**2 oz. Onion**

**1/2 cup of our Bangin' Bouillon**

**4 oz. chopped Walnuts**

**3 oz. Oats**

**1.5 oz. Hemp Hearts**

**2 tsp Salt.**

**Directions**

Roughly chop your mushrooms. Dice your onions. If your walnuts are whole, that is fine, they may be added to your food processor in that state.

To begin, add your mushrooms, onions and Bouillon to your food processor.

If your walnuts are whole, add them now too.

Using the pulse setting, pulse the mixture until everything has broken down to about ⅓ - ¼ the size of its original state.

Next, remove the mushroom mixture and place it into a bowl.

You may now add your oats, hemp seeds and salt. If your walnuts were previously chopped before you began this recipe, you may add them now too.

(We like the walnuts to have bit of meaty texture for this recipe and not to completely break down into a walnut-butter state)

Now, mix all of your ingredients together until well combined.

Cover the top with parchment and siran on top of that, to prevent the air from oxidizing the mixture. However, if the air does manage to discolor the top layer of the mixture, it does not affect the taste nor the quality.

Store your burger mixture in your refrigerator overnight for the flavors to fully absorb into the oats.

When you’re ready to cook them, preheat your oven to 350 degrees.

Oil a baking sheet well. I would say you will want to use about 3 Tablespoons of oil. You want enough oil on the sheet to provide the burgers with a little crispiness to both sides of the outside of the burgers.

Form your burgers, and then dredge both sides in flour. We used cassava flour because it’s gluten free, easily digestible, and it imparts a great crispiness.

Place your flour coated burgers on the baking sheet, and start by baking them for 15 minutes.

At the 15 minute mark, turn them over and continue to bake them for an additional 10-20 minutes.

If your burgers are small, 10 extra minutes will do. If they are larger you will want to give them more time. They will not burn at this temperature, because the batter has a good amount of moisture. Baking these burgers for a bit of extra time serves to only firm them up further.

You may store your burgers in the refrigerator or freezer. If freezing them, you may take them out as desired, and give them a little reheat in the oven. They are also delicious right out of the refrigerator for an on the go snack, or to add tasty plant-rich protein to a salad or marinara sauce.

**If you’re making the traditional burger, be sure to try this recipe with our Cashew Queso, a squeeze of mustard, tomato, onion and pickle.**

**They are a WOW combination:)**