

## "Happy Cow" BBQ Burger

*I've worked really hard trying to come up with a burger type patty that my family will enjoy. I think this one really hit the mark!*

Makes 10-12 patties

### Ingredients:

Soak together for about 3-4 hours:

- 1 C walnuts
- 1 C pecans
- 1 C cashews
- 1/2 C sunflower seeds
- 2 dates, pitted
- 7 sun-dried tomatoes



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- 2 celery stalks, cut into chunks
  - 2 large ripe roma or similar-sized tomatoes, cut into large chunks
  - 2 T nutritional yeast flakes
  - 2 t savory or dried parsley
  - 1 T apple cider vinegar
  - 1 t minced garlic
  - 1/2 t ground white pepper
  - 1 t sea salt

### Preparation:

Drain soaking ingredients and rinse well. Combine all ingredients in a food processor, putting the tomatoes and celery on the bottom. Process until "meaty" and a somewhat smooth texture is reached.

Place 10-12 medium-sized mounds on dehydrator screen (not teflex sheets) and shape into patties - about 1" tall. Dehydrate at 130°F\* for 3 hours and then turn down temperature to 115°F and continue drying for another 5 hours, then flip the burgers over. Continue dehydrating for another 2-3 hours. Patties will keep well stored in the fridge. I serve these with the Creamy Cucumber Dressing and lettuce and tomatoes.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>