



PRICE: \$10.50 CA | \$9.50 US (PACK OF 2)
VOLUME: 159 g (5.6 oz)

FLAVOUR PROFILE

Rich veggie flavours combining the depth of black beans with the earthiness of chickpeas and a hint of bell pepper.

FEATURES & BENEFITS

No artificial colours or flavours.

Very high source of fibre – 10 g per serving!

12 g of protein per serving.

Doesn't contain soy or any fillers – only real ingredients. Quinoa and grated zucchini create a firm, juicy burger that doesn't fall apart.

Ability to customize: try with carrots, squash, beets; fold in fish or shrimp to create a healthier seafood burger.

Note: do not cook on the grill as the patty will fall apart.

LABEL DIRECTIONS

Makes 4

In a large bowl, combine mix with ½ cup hot water and 3 tbsp lemon juice. Stir until combined. Stir in 1 cup each grated zucchini and cooked quinoa. Let stand 5 min. Preheat large fry pan over medium heat. Add 2 tbsp oil. Scoop batter onto pan, making 4 burgers. Lightly press and flatten into shape. Cook until golden brown, 3 - 5 min on each side.

INGREDIENTS LIST*

Baking soda, black beans, black pepper, chickpea flour, inactive nutritional yeast (vitamin B12, vitamin B6, thiamin, riboflavin, pantothenic acid, folic acid, niacin, zinc), onion, parsley, red bell pepper, sea salt.

ALLERGENS AND SENSITIVITIES

Onion.

*Ingredients list is in alphabetical order for proprietary reasons.

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colours.
- 100% gluten free and nut free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 85% Non-GMO Project Verified.

RECIPE IDEAS

- Use as a base for veggie eggs benny.
- Turn into a fish burger by swapping zucchini for chopped raw or canned salmon or tuna.
- Make mini burgers; use in nourish bowls.

KITCHEN HACK

Prep a double batch and freeze.

COMPANION PRODUCTS

Check epicure.com for current availability

FOOD & BEVERAGES:

- **Big Burger Sauce Mix**
- **Guacamole Dip Mix**
- **Honey Mustard**
- **Poco Picante Salsa Mix**

COOKWARE:

- **3-in-1 Burger Press**
- **4-in-1 Mandoline**
- **4-in-1 Spice Spoon**
- **Prep Pro Scoop (¾ cup)**
- **Sauté Pan**

Nutrition Facts Valeur nutritive		
Per 1/4 package dry mix (40 g) / Par 1/4 du sachet de mélange (40 g)		
1 veggie burger prepared 1 burger végété préparé		
	Dry Mix† Mélange†	Prepared† Préparé†
Calories	140	310
% Daily Value* / % valeur quotidienne*		
Fat / Lipides 1.5 g†	2 %	17 %
Saturated / saturés 0.2 g		
+ Trans / trans 0 g	1 %	5 %
Carbohydrate / Glucides 24 g		
Fibre / Fibres 8 g	29 %	36 %
Sugars / Sucres 4 g	4 %	4 %
Protein / Protéine 9 g		
Cholesterol / Cholestérol 0 mg		
Sodium 350 mg	15 %	15 %
Potassium 300 mg	6 %	14 %
Calcium 40 mg	3 %	6 %
Iron / Fer 2 mg	11 %	17 %
†Amount in dry mix / Teneur dans le mélange. *Prepared adds 170 Calories, 12 g Fat (1 g Saturated), 13 g Carbohydrate (2 g Fibre), 3 g Protein. / Préparé ajoute 170 Calories, 12 g Lipides (1 g saturés), 13 g Glucides (2 g Fibres), 3 g Protéines.		
*5 % or less is a little. 15 % or more is a lot *5 % ou moins, c'est peu. 15 % ou plus, c'est beaucoup		