

Walnut - Olive Burgers

1 c. black pitted olives
¼ c. water
1 c. chopped walnuts
2 ½ c. regular rolled oats
1 c. chopped onions
1 tsp. salt
1 Tbs. soy sauce
½ tsp. sage
½ tsp. thyme
¼ tsp. marjoram
½ tsp. garlic powder
½ tsp. onion powder
1 c. walnuts
1 ¾ c. water

Blend first two ingredients on high until smooth, stopping blender two or three times to stir contents. Pour into bowl and add next ten ingredients. Mix together. Blend last two ingredients on high for 1-2 minutes. Let sit for 15 minutes for oats to absorb liquid. Form burgers on cookie sheet and bake at 350°F for 20 minutes on each side.

Yield: 13 -1/3 C. burgers

Variation: To accompany a fruit meal, omit chopped onions and add 1 Tbs. onion powder.