
Almond Flaxseed Burger

Ingredients

2 cloves	garlic
1 cup	almonds
½ cup	flaxseed, ground
2 tbs	balsamic vinegar
2 tbs	coconut oil, hemp oil, or olive oil
	Sea salt to taste

Directions

Add all ingredients into a food processor. Process until well blended. Process less if you prefer a coarser texture. Form mixture into two patties. Can be served raw. If you prefer to cook them, lightly cover with coconut oil and bake at 300oF for 35 minutes. Alternatively, lightly fry over medium heat until golden brown, flipping once.

Sunflower Seed Pate

Ingredients

2 cloves	garlic
2 cups	sunflower seeds
½ cup	walnuts
1/3 cup	hemp or flax oil
¼ cup	orange juice
1 tsp	sea salt

Directions

In a food processor, process all ingredients together until smooth. Keep refrigerated for up to 2 weeks. Eat with crackers, veggies, or as a burger topping.

Both recipes adapted from The Thrive Diet by Brendan Brazier, 2007

Nutritional Value of Select Ingredients

Almonds – Almonds are called the king of nuts because they are high in calcium, potassium, magnesium, phosphorus, folic acid, EFA's, and protein. Loaded with phytonutrients, they are called the anti-cancer nut.

Sunflower Seeds – These seeds are great for those with high blood pressure, as they are very high in potassium and very low in sodium. They are high in protein, fibre, B vitamins, and vitamin E.

Garlic – Garlic is touted as a "cure-all" due to its many uses in medicine. It has a beneficial effect on heart disease, cancer, and infectious diseases. It decreases cholesterol levels, detoxifies the body, stimulates the immune system, and the list goes on and on. Eat garlic raw and regularly for maximum benefits.

Flax seeds – Flax seeds are a great laxative, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens. The oil found in flax seeds can aid in reducing cholesterol and slow the progression or rheumatoid arthritis and atherosclerosis.