

**HEALTHY RECIPE DIANA'S FAVORITE OAT BURGERS**(Oatmeal and Cottage Cheese Patties) Ingredients – best if you can use organic eggs and oatmeal. You can see the difference in the eggs in my photos.

Learn more here: <https://dianawalker.com/vegetarian-and-vegan-free-ebook/>



Vegetarian Burgers Healthy Vegetarian recipe Diana Walker



Vegetarian Burgers with Oatmeal and Cottage Cheese Recipe Diana Walker



Ingredients Healthy Vegetarian Oat Burgers Diana Walker Recipe



Eggs Healthy Organic Free Range Egg compared to regular egg yolk



Organic Free Range Egg Yolk Difference for Health



Blender for ingredients for Healthy Vegetarian Oatmeal Cottage Cheese Burgers



Blended ingredients for Healthy Recipe



Mixed ingredients for Cottage Cheese Oatmeal Patties Recipe Diana Walker



Cooking Vegetarian Burgers Oat Burgers Diana Walker Recipe



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Oat Burgers Healthy Vegetarian Recipe by Diana Walker [www.dianawalker.com](http://www.dianawalker.com)

1 cup 2% creamed cottage cheese

1 cup raw oatmeal

1 cup bread crumbs (use fresh, sprouted grain bread – I use Silver Hills Bread)



[theCravingsCoach.com](http://theCravingsCoach.com) Oat Burgers Healthy Vegetarian Recipe by Diana Walker

### Healthy Recipe – Vegetarian Oat Burgers

3 eggs

1 medium onion

2 garlic cloves

1 tsp poultry seasoning

1 tsp dill

1 tsp garlic & herbs seasoning

**In blender:** Blend 3 eggs, add 1/2 the onion, the 2 garlic cloves, along with poultry seasoning, dill and garlic & herbs seasoning.

#### **In bowl:**

Mix together cottage cheese, oatmeal, and bread crumbs.

Add blended egg mixture. (preferably organic free-range eggs)

Add 1/2 onion, chopped finely.

Form into patties. (Oatmeal and Cottage Cheese Patties or Burgers)

Brown lightly on both sides, in olive oil.

The Oat Burgers taste great like this, but I frequently then put the patties into a casserole dish, and add a can of mushroom soup, mixed with 1/2 cup of water. Place in oven for 15 minutes. Note, doubling the recipe works fine too.

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