

# Black Bean Lentil Quinoa Burgers/Loaf

## Ingredients

1/4 c. each of quinoa, black bean flakes, dry lentils  
2.5 c. Water  
1 onion  
6 garlic cloves  
1/2 tsp. paprika  
1/2 tsp. cumin  
S&P  
2 egg  
1 tsp. baking powder  
1/4 c. GF flour (x 4)  
Splash of hot sauce

## Instructions

Add equal parts of quinoa, lentils, and black bean flakes with water to fried onions, garlic, and spices. Add egg, baking powder, hot sauce, and GF flour one 1/4 cup at a time until desired consistency is achieved.

Bake in muffin tins for 30 minutes at 400F

Mustard or barbeque sauce on side are tasty add-ons.