

Buddha Burgers and French Fries

You need:

Buddha Burgers 4 per pack

Hamburger Buns

Avocado Sliced

Tomato Sliced

Onion Sliced

Lettuce or Sprouts

Ketchup

Mustard

Egg free Mayo (Vegenase)

French Fries, either store bought frozen or slice up a couple potatoes.

Buddha burgers are handmade in Cottonwood and don't contain any soy. They are made up with vegetables & oats. They are perfect for the 28 Day Challenge. They quick easy and really fill you up.

They can be grilled baked or thrown right in a hot skillet (our favorite is on the grill) Make them Just like an old fashion meat burger, Preheat grill to medium heat. Preheat oven for your French fries Reduce grill to Medium low, Grill Buddha burgers directly from frozen about 6 minutes per side.

Build like a normal burger; we like ours topped with Avocado, Mayo (non egg Vegenase), Tomatoes, Onion, Ketchup, and Mustard, Lettuce or sprouts...yummy

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