

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Sweet Potato Burgers



1 medium-large sweet potato, steamed

1 cup great northern beans, canned or precooked

1/4 cup whole wheat flour or coconut flour for gluten-free option

1/4 cup almond meal

1/2 Tbls. pumpkin pie spice

Almond meal for coating

1/4 cup coconut oil

Place sweet potato and beans in a large bowl and mash with potato masher. Stir in flours and spices. Mixture will be slightly sticky. Form into patties and coat in almond meal. Heat coconut oil in large frying pan, cook patties until warm and golden, adding more oil if necessary. Serve on bun with your favorite toppings—avocado, sprouts, lettuce, tomato, sautéed mushrooms, red onions are all good.