

# Homemade Healthy Burger ideas:

## Patty

Vegan chickpea & corn

Spicy chicken

Chickpea & coriander

Beef & lentil

Beetroot & veggie

## Bun

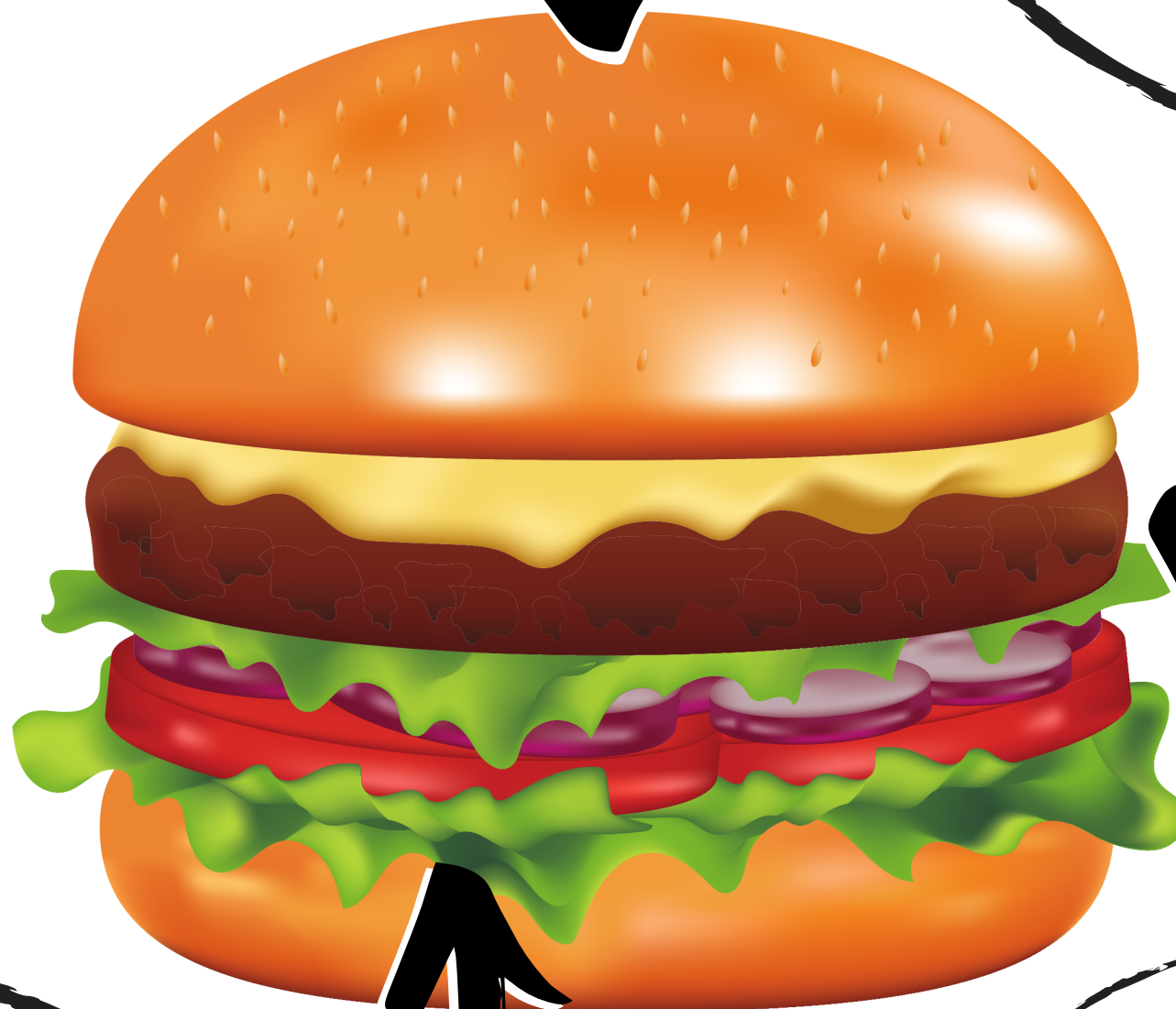
Home made whole wheat bun

Store bought wholemeal bun

Burger bun alternatives:

lettuce leaves, mushrooms,

baked kumara slices



## Fillings

Lettuce/spinach

Tomato or Mushrooms

Beetroot or Pineapple

Cheese (edam, blue, feta)

Onion (fresh or pan-fried)

Gherkin (sliced or chopped)

## Sauces

Greek yoghurt

Sweet Chilli

Mustard - all types

Homemade Satay.

Roasted garlic mayonnaise

Avocado mayonnaise