

# Sweet Potato Burger

Serves  
**3**

## INGREDIENTS

- + 1 ½ cups mashed sweet potato
- + 1 cup rolled oats (preferably blended to flour consistency in a food processor)
- + ½ onion, diced
- + 3-4 cloves of garlic, diced
- + 1 habanero or jalapeno (optional)
- + ½ bell pepper (red, yellow, or orange)
- + 3-4 finely chopped mushrooms,
- + 2 tbsp sundried tomatoes or tomato paste
- + 1 tsp onion powder
- + 1 tsp garlic powder
- + 1 tsp smoked paprika
- + 1 tbsp dijon mustard
- + salt and pepper to taste

## DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Combine all ingredients and roll into 6-7 patties.
- 3 Bake on a sheet tray lined with parchment paper or silicone pad in preheated oven for 30 min.
- 4 Turn the patties over and bake for another 10 min.
- 5 Garnish with dijon mustard, hot sauce, tomato, and picked onion salsa.