

alternaburgers

prep: 5m
stove top: 20m

serves: 1-10

ingredients:

buns as you please
burger patties, make or buy
condiments as desired
toppings as desired

notes:

✓ vegan options

instructions:

- this is one to experiment with, some examples:
- veggie burgers (don't pretend they are meat)
- salmon patties
- pollock patties
- chicken patties
- spice blends
- alternative meats
- ground ostrich
- ground bison
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- remember this card when you are stuck for 'something new'

news:

mxup.menu volume 1 is now available! Scan this code to visit our homepage!

