APPROX

4.2mg

IRON PER BURGER
MADE WITH
WHOLEMEAL BUN

23.33% RDI for females
52.5% RDI for males

BLACK BEAN & SPINACH BURGERS

Makes 4 Patties

1 400g tin of black beans drained and rinsed well

60g baby spinach leaves

1 small red onion

½ cup fresh coriander leaves

2 garlic cloves crushed

½ tbsp smoked paprika

1 tsp ground cumin

½ tsp salt

Pinch of black pepper

2 tbsp ground flaxseeds

Juice of half a lime

4 wholemeal burger buns

METHOD

1 Preheat your oven to 200 degrees Celsius and line a tray with paper

2 Place the rinsed black beans into a food processor with the spinach leaves, pulse the mixture until roughly chopped but a few chunks of the beans still remain, scoop the mixture out into a bowl

3 Finely dice the red onion and coriander leaves and add to the bowl along with the crushed garlic, spices, salt and pepper, mix together

4 Add in the ground flaxseed and lime juice and use a spoon on your hands to mix everything together really well

5 Use your hands to form the mixture into 4 burger patties – if it's not sticky enough add a little extra lime juice and mash everything together more

6 Place the patties onto the prepared tray, drizzle with a little olive oil and bake for 20 minutes. They will still feel a little soft when they first come out but allow to cool slightly and they will firm up

7 Serve in wholemeal burger buns with your desired toppings!

DID YOU KNOW 38% of Australian women aged 19-50 are low in iron?[1] Ensuring your blood iron levels are in the healthy range for your body can help you to feel in your element. Ferrogen iron supplements support healthy nutritional choices via this yummy range of iron rich recipes developed in conjunction with wholefood nutritionist Phoebe Conway. When increased iron intake through diet proves inadequate, iron supplementation might be recommended by your doctor.

Reference: 1. Australian Health Survey: Usual Nutrient Intakes, 2011-12.
Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

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