

## Black Beans Burger



I have always had an obsession with black beans and now it's a full blown love affair with this spicy black bean burger recipe! I really suffer with acne and as a 31 year old it's pretty devastating that my skin is still behaving like a teenagers, so I was doing some research and a few things that came up was that it might be a good idea to cut back on red meat to improve hormonal acne. I am a huge fan of meat especially beef and was pretty worried

about giving up or cutting back on beef burgers, but with this spicy black bean burger recipe I can assure you that I certainly have nothing to worry about and I can hand on heart say that I would choose this every time! Black beans are sooooo nice! They have a whole load of health benefits too; black beans are high in protein and fibre so are a great option for vegetarians needing alternative sources of protein, they're loaded with iron, phosphorous, calcium, magnesium, manganese, copper and zinc which will help to build and maintain healthy bones. Black beans are also naturally low in sodium so they help to lower blood pressure. And finally black beans as a high fibre food will increase satiety and reduce appetite, which will help you to feel fuller for longer so you won't be reaching for the cookie jar!

So that's enough about why black beans are amazing! Let's look at this recipe!



- drain and mash can of black beans
- dice finely and add; 3 spring onions, 1 jalapeno, 1 bell pepper, 1 clove garlic
- add 1 large egg
- add 1/2 cup oats
- add 1tbsp paprika, 1 tbsp chilli
- add 2tbsp nandos peri peri sauce
- add 2tbsp water
- ensure all is well combined then spoon mixture on to a baking tray and cool at 190°C for 10 minutes each side

To keep it totally paleo serve in lettuce leaves instead of a bun, or just go totally bunless and leave-less and have it with some sweet potato or desiree potato fries ☐

Love Roo xx

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