

Black Bean Cakes, Vegan/Gluten-Free

Prep time: 10 minutes

Cooking time: 10 minutes

Yields: 4 servings

Ingredients:

2 Cans Organic Black Beans

1 teaspoon cumin

1/4 cup Ground Flax Seed

1/2 cup Ian's Gluten Free Panko

Salt and Pepper to Taste

Directions:

Combine all ingredients in a bowl and mix well. Using a spoon or by hand lightly drop silver dollar size amounts of mixture into skillet. Cook in skillet 4-5 minutes on each side over medium heat.

Chef Mat Shalenko, Health Coach

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