

# A Gut Feeling Avocado Chicken Burger

## INGREDIENTS

- 1 pound ground chicken (can substitute with extra lean beef)
- 1 large ripe avocado - cut into chunks
- 1 clove chopped of garlic
- 1/3 cup Almond meal
- 1 minced Poblano or Jalapeño pepper optional but recommended
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## Method:

1. Add all ingredients to a large bowl and toss gently.
2. Shape into desired size patties and grill!

A GUT  
FEELING  
NUTRITION SERVICES