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Power Burger

- ½ Pounds beef, lean ground
- 2 Tablespoon oat bran
- ¼ Cup oats
- 2 Tablespoon milk, fat-free
- 1 Teaspoon onion flakes, dehydrated
- ½ Teaspoon oil, canola, or corn
- 1 Dash pepper, black ground

Mix all ingredients together except oil and form into 2 patties. Heat oil in skillet and cook burgers until done.

