

Grilled Chicken Avocado Burgers

Servings: 4-6 Difficulty: easy

Ingredients:

- 1 lb ground chicken
- 1/2-1 jalapeño, seeded
- 1/3 C almond flour (can sub 1:1 for GF bread crumbs)
- 1 avocado
- 1 clove garlic, or 1/8 tsp of garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper

Directions:

1. Dice jalapeño finely, set into large mixing bowl
2. Slice avocado into chunks, add to bowl
3. Add remaining ingredients to bowl and mix until well combined
4. Form into balls and flatten into patties- pictured is 5-6" in diameter, feel free to make whatever size you'd like!
5. Cook on the grill or in a greased skillet over medium heat, flipping halfway through

Please tag me on instagram [@celiacsweetie](#) if you make these, or comment on this

blog– I would love to see your recreations! Also please reach out if you have any questions about the recipe.

xo, Celiac Sweetie