

# Classic Burger

Author: Brenna, H.H.P. from Optimized Health

Prep & Cooking time: 15 minutes

Servings: 1

Ingredients:

- 3 oz Organic Gr. beef
- 1 Tbsp. Coconut oil (if cooking burgers on stovetop)
- Pink Himalayan Sea Salt
- Organic black pepper
- Organic Smoked Paprika
- 1-2 Tbsp. Organic Gluten Free Tamari sauce
- (topping) Avocado Mayo - optional
- (topping) 1/2 avocado, sliced
- 2 large Romain or Butter lettuce leaves, rinsed and patted dry OR 2 slices 'Gut Friendly Bread'

Instructions:

1. Make 1 tightly packed patty. Generously season each side of the burger with salt, black pepper, and organic smoked paprika.
2. Set patties in the fridge while you prep the rest of your dinner.
3. Rinse and dry 2 large lettuce leaves OR toast 2 pieces of the 'Gut Friendly' bread. Slice 1/2 avocado. Arrange on a plate for burger toppings.
4. Grill or sear each side of the burger in a large frying pan on medium high heat with coconut oil until cooked to desired degree of doneness.
5. Serve burger on a lettuce leaf (or slice of toasted bread) topped with Avocado mayo and 1/2 avocado slices and top with other lettuce leaf (or slice of bread).
6. Enjoy!