

Chicken Avocado Burgers

Ingredients

- 1 pound ground chicken
- 1 large ripe avocado - cut into chunks
- 1 chopped clove of garlic
- salt and pepper to taste

Instructions

1. Toss everything together and blend carefully, trying not to mush up the avocado too much.
2. Shape into desired size patties and grill inside or out!

Recipe by Laughing Spatula at <http://laughingspatula.com/chicken-avocado-burger/>

