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## **Sweet Turkey Burger**

### **Ingredients:**

1 lb. ground turkey breast  
1/2 red onion, diced  
1/4 cup oats  
2 gala apples, sliced  
1 tbsp fresh thyme leaves  
salt and pepper to taste  
1/4 cup Dijon mustard  
1/4 avocado, mashed  
1 tbsp honey  
1/2 red bell pepper, finely diced

### **Directions:**

1. Combine the ground turkey breast, red onion, oats, apples, thyme leaves, salt, and pepper. Once well mixed, form into four patties.
2. In another bowl, mix together the avocado, honey, Dijon mustard, and diced red pepper. Set aside.
3. Place the burgers on the grill and cook for about 5-6 minutes per side. You can also pan-fry these in a little olive oil if you prefer.
4. Once the burgers are golden, remove and serve with some of the Dijon mustard sauce on top.

### **Nutrition Info:**

Serving size: 1 burger  
Recipe yields: 4  
Calories: 124  
Fat: 3 g  
Carbs: 22 g  
Protein: 30 g