

### **Bioflavia Burger**

This recipe is courtesy of **Micatoni's Gourmet Foods & Butchery** in Richmond Hill, Ontario. To learn more about Micatoni's please visit their web site at; [www.micatonis.com](http://www.micatonis.com).

### **Ingredients:**

You will need the following:

1. 2 lb lean ground beef
2. ½ cup of BBQ Sauce
3. 1 teaspoon salt
4. 1 teaspoon fine black pepper
5. 1 teaspoon garlic powder
6. ¼ cup bread crumbs
7. 1 teaspoon paprika
8. 1 tablespoon Bioflavia
9. 4 large burger buns

### **Preparation:**

1. Put all ingredients into a medium size mixing bowl.
2. Mix thoroughly with your hands until all ingredients are fully mixed together.
3. Shape out 4 x 8oz burgers.
4. Place burgers on a hot grill and cook for 5-6 minutes on each side or to desired doneness.
5. Gently toast burger buns on grill.
6. Garnish burgers as desired.

