

Recipe – Black Olive and Almond Pate

Ingredients:

- 2 cups raw almonds, soaked a few hours
- $\frac{3}{4}$ cup black olives (Greek or oil packed)
- $\frac{3}{4}$ cup water
- 1 avocado
- $\frac{1}{2}$ bunch fresh parsley, chopped
- 2 tomatoes, diced
- Optional: juice of one lemon

Directions:

Process the almonds until smooth.

Blend in the black olives, water, and avocado.

Hand mix in the parsley and tomatoes.

Taste before adding salt or lemon juice. Depending on the olives used, it may not need seasoning.

May be served on a bed of greens or used to stuff tomatoes.

Makes about 6 servings.