

Raw Recipe - Sunflower Seed Pate (tuna-less salad)

From our friend Barbara at rawfullytempting.com

Ingredients:

- 1 1/2 cup sunflower seeds, (soaked 4-6 hours)
- 1/2 cup almonds, soaked overnight, (optional)
- 1/2 cup water, (or more as needed)
- 1 garlic clove, crushed
- 1/2 cup celery, chopped
- 1/4 cup red onion finely chopped
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp olive oil
- 1 Tbsp dulse flakes (optional)
- 2 Tbsp coconut water vinegar, your favorite vinegar, or lemon juice
- 1/4 tsp sea salt (to taste)

Directions:

1. Process nuts and seeds. Add water as needed.
2. Transfer to bowl and add remaining ingredients.
3. Serve on raw crackers or bread or with raw veggies. Create roll-ups in lettuce leaves. Goes GREAT with Rawfully Tempting "Rye" Bread, topped with cucumber, lettuce, tomato, avocado, red onion, etc.
4. I've also made this with chopped walnuts and raisins, which reminds me of chicken salad. Mash a little avocado into the mixture for an extra creamy variety. Add dill or cumin, or whatever spices you like.
5. Serves 6

