



## VERSATILE SUNFLOWER PATE

*A smooth, protein-packed basic pate.*

2 cups sunflower seeds, sprouted (see page 32)

*Soak 30 min*

2 Tb. raw tahini

½ cup lemon juice

1-2 Tb. Nama Shoyu

1 large clove garlic, minced, or ¼ tsp. garlic powder

¼ cup chopped scallions

Pinch of cayenne

You can sprout your own sunflower seeds, or buy them from a health food store. If you're short on time, you can simply soak the seeds for 30 minutes before using.

Put all ingredients into a food processor with an S-blade and process until smooth, occasionally scraping the sides of the food processor with a spatula to ensure uniform blending. A blender can be used instead if you add water to thin the pate.

Use as a dip for veggies or Flax Crackers (page 68); to stuff celery sticks, avocados, tomatoes, or bell peppers; or as a base for one of the variations below.

**Asian Pate:** Mix in by hand 1 cup (total) of chopped veggies of your choice, including red onions, bell pepper, celery, bok choy, parsley, and/or cilantro. Mix in a little Citrus Ginger Marinade to bind the ingredients.

**Mexican Pate:** Substitute limejuice for lemon juice. Mix in by hand ½ cup each minced carrots, celery, zucchini, red onion, and chopped cilantro. Add 2 tsp. marjoram or thyme, and cayenne or minced hot peppers to taste. Use as a dip, or to stuff Rawsome Rellenos (page 70).

**Sweet & Sour Carrot Pate:** Mix in by hand 2-3 Tb. minced red onion, and 1 cup of carrot pulp, which you can procure from your nearest fresh juice bar. Add 1-2 Tb. fresh grated ginger and additional lemon juice and cayenne to taste. Use as a dip, or as a filling for Nori Rolls (previous page).

From "Raw Foods for Busy People"  
by Jordan Maerin