

## Pecan Pate

Yield: 1 ½ cups (3 servings)

*This pate stores nicely in an airtight container in the refrigerator for up to one week. This pate also makes great “burger” patties. Just form into patties the size of your choice and eat as is or dehydrate for a crispier burger. I like to freeze my patties and pull them out as needed. I warm mine in my warming oven on a low setting before using. Yum!*

1 ½ cups pecans, soaked and dehydrated  
2 tbs minced leek or green onion  
2 tbs minced fresh parsley  
½ tbs tamari  
½ tsp garlic powder  
1 ½ tbs lemon juice  
¼ tsp sea salt

*Place the pecans in a food processor outfitted with the “S” blade, and process until finely ground. Add the leek, parsley, tamari, garlic powder, lemon juice, and salt, and pulse, just to mix. Enjoy!*

## Not Salmon Pâté

*Makes 4-6 servings*

- 1 cup sunflower seeds, soaked 8-12 hours, drained, and rinsed
- 1/2 cup almonds, soaked 8-12 hours, drained, and rinsed
- 1/2 cup grated carrots
- 1/4 cup water
- 2 tablespoons lemon juice
- 1/2 teaspoon sea salt
- 1/4 cup minced celery
- 2 tablespoons minced red onion
- 2 tablespoons minced fresh dill

Place the sunflower seeds, almonds, carrots, water, lemon juice, and salt in a food processor fitted with the S blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a mixing bowl, and add the celery, onion, and dill. Mix well. Stored in a sealed container in the refrigerator, Not Salmon Pâté will keep for five days.