



## **Almond Sunflower Seed Pâté**

This is great spread to use in lettuce, swiss chard or collard green wraps. They are so flavorful and delicious and filled with lots protein and veggies. Best of all they are kid approved! My son loves these!

### **Yield:**

Makes about 3 cups of Pâté

### **Ingredients:**

1 cup raw almonds, soaked and drained

1 cup sunflower seeds, soaked and drained

$\frac{1}{4}$  onion chopped

Handful of parsley (Can also add other herbs: basil, oregano, mint)

1 carrot, cut into chunks

1 rib celery, chopped

2 tablespoons lemon juice

1 tsp ground cumin

$\frac{1}{4}$  tsp salt

### **Directions:**

Add almonds, sunflower seeds, onion, celery, carrots and parsley to a food processor and pulse until everything is blended and finely chopped. Add lemon juice, cumin and salt and mix well. Serve in lettuce cups, bell pepper or as a dip for crackers.