

Not So Tuna Salad

From "The Raw Food Revolution Diet" by Cherie Soria et al. My all time favourite tuna like pate..

Categories

Gluten-free

Yields: 6 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Dips and spreads

Complexity: Progressive

Vegan experience: Moderate

Preparation style: Raw



Ingredients

Almonds, raw	1.5 cup
Sunflower seeds, raw	1 cup
Water	0.5 cup
Celery, raw	0.5 cup
Onion, white, yellow or red, raw	0.5 cup
Parsley, fresh	0.5 cup
Lemon juice, fresh	0.33 cup
Kelp, raw	1 tablespoon
Dill weed, fresh	1.5 teaspoon
Salt, sea salt	0.5 teaspoon

Instructions

Soak the almonds in water for 24 hours. Soak the sunflower seeds in water for 6 hours.

1. Mince celery, onion, parsley and dill. Add to a large bowl.
2. Drain and rinse almonds and sunflower seeds. Process through a juicer with a homogenizing plate (one that makes pate), such as the Champion, Green Life Juicer, Omega or Angel Juicers. If necessary use a small amount of the water, alternating it with the nuts and seeds to facilitate processing. Alternatively, process the almonds and sunflower seeds in a food processor fitted with an S blade, though the texture will not be as fine.
3. Transfer the mixture to the bowl with the onion, celery, parsley and dill. Add the remaining ingredients - lemon juice, kelp flakes/powder or dulse, and salt. Stir until well combined.

Delicious on crackers, in salads, wrapped in a nori sheet, collard green or lettuce.

Store in refrigerator for up to one week.