

Pistachio Sesame Balls

A yummy appetizer for the special dinner.

Categories

Yields: 6 servings

Preparation time: 1200 mins

Cooking time: 1200 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Cremini mushroom	16 grams
Garlic, fresh	2 clove
Nutritional yeast flakes	1 x 1/4 cup
Onion, white, yellow or red, raw	1 small
Green bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Spinach, raw	1 cup
Oregano, dried	2 tablespoons
Rosemary, dried	1 tablespoon
Cumin, ground	1 gram
Black pepper, ground	1 dash
Salt, Himalayan (pink)	1 dash
Plain cashew cheese, plain	4 x 1 ounces

Instructions

Chop up all the onions and green pepper.

Remove the caps from the stems of the mushrooms.

Place all ingredients in a blender or food processor, including the stems of the mushrooms.

Blend for about 30 seconds. The mixture should look thick and chunky.

Place the caps on a lightly oiled (or use baking paper) baking sheet. Fill the mushroom caps with the mixture and bake for about 20 minutes at 450, in a preheated oven.

Serve immediately.

You may substitute any type of a nut cheese if you don't like cashews.