

## SUNFLOWER - PUMKIN SEED PÂTÉ

This is a wonderful spread for crackers or vegies.

Soaking starts the sprouting process, which improves nutritional value.

Night Before: in quart jar, stir once and soak 6-12 hours:

4 c. water

1 c. raw pumpkin seeds

1 c. raw sunflower seeds

Discard soaking water and rinse seeds well.

In food processor, blend soaked seeds with:

1/2 c. red onion

2 T. Bragg Liquid Aminos or wheat-free soy sauce \*\*

\* if eliminating soy, mix lemon or lime juice with

a high quality sea salt or Celtic or Himalayan salt.

1 T. basil

black pepper, freshly ground, to taste.

also see: **SUNFLOWER SEED SPREAD**

<http://allrecipes.com/Recipe/sunflower-seed-spread/Detail.aspx>

On certain elimination diets, replace garlic with toasted cumin, dill, basil or other herb/spice and use gomasio or other salt instead of soy sauce. If you love it, cilantro is a great option.

## SUNFLOWER HUMMUS (No garlic)

garbanzo beans (home-cooked or canned) 2 – 16 oz cans drained and rinsed

sunflower seed butter (2T +/-) or sunflower seeds (soaked)

lemons 2 juiced

(garlic 2 cloves, minced)\*

\* instead of garlic, find your favorite substitutes.

## JULIE'S EGYPTIAN LENTIL SOUP

orange dhal 1 c. (rinse well, soak overnight, cook in water)

add to cooking lentils

carrot 1 med. chopped

celery 1 stalk chopped

Jerusalem artichokes (instead of potatoes)

sautee in olive oil (& ghee) until soft

onion (1 small or 1/2 lg.) chopped

add

garlic, add 2-4 cloves, sautee until soft set aside

roast spices and add to soup

cumin 1 1/2 T (toasted cumin has a slightly different, interesting flavor)

turmeric 1 T

salt

pepper

Add at end -- don't over cook

spinach fresh or frozen

cilantro chopped

lemon juice

season to taste, more lemon or salt